

30. Guided Meditations

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What follows is a 'selection' of guided meditations spanning twenty-five years. They have been generated by members of the group or from spirit visitors. They could be read to other meditation circles to relax, or to start/end a session. Dates are included for reference purposes.

[A communicator came through Les, taking us on a meditative walk through a spirit realm garden.](#)

(10/7/95)

I invite you all if you wish, to join me now for a walk through one of our gardens. Would you care to follow me? Please beware that you'll be barefooted. For this walk, you will not need shoes, or other coverings for your feet. That would destroy in part, your enjoyment of the walk. Please take off all footwear and leave at the gate. Are you ready now? Now you see a pair of gates, which are apparently golden, but are so-coloured only because this would be expected in conformity with the beauty, which they separate from the normal vista outside. Now we go through the open gates and you will see that the path upon which we now walk, is what you would call grass, but is no way similar to the grass of which you are aware upon your Earth. Feel the grass with your feet. This is the reason for discarding your footwear. You should feel the energy coming through the Earth and the grass as you walk and you should also become aware that as you walk, your bodies are becoming lighter and lighter and that it requires no effort from your muscles, to transport yourself along this path. Are you beginning to feel that? Do not worry if you cannot feel it exactly as I have described. It may be more apparent to you as we progress. We have only just started this walk. Now we come to an archway in the hedge and the hedge as you would see, is not green as upon your Earth, but is multi-coloured, in all shades that you can imagine, and those colours change as you approach. The hedge is a living thing and the doorway is reacting to your own auras as you approach. As you enter through the archway into the garden of roses, you will feel a warmth descending on you, which disappears again, as you go through the archway. Are you able to feel that warmth? Do not be concerned if you do not. Remember you are taking a physical body through a spiritual garden; therefore, you may not feel all that we would wish you to feel. But it should be registered in your mind, so that later you can retrace your steps, if you wish. And now let us go through the garden of roses. Imagine every rose, which you have seen in the course of your lifetime, all spread before you, in a sea of colour, blossoming as you have never seen flowers blossom. And the perfume, which arises from them all, is individual to each bush, but is an amalgam such as you have never experienced here. Try to inhale that marvellous mixture of perfume. It will cleanse your lungs, it will cleanse your spirit, and give you energy for the continuation of the walk. Look around you at the roses, enjoy the scent they give you. Then I will take you through the aisle, which you would call a passage. Look down at the path beneath your feet now. What do you see? Golden sand of a texture so fine that you could not imagine it. And yet it does not swirl up in dust clouds as such a texture would upon the Earth. That path is energy, energy, energy, which can be transformed, transposed through your feet, into your very being. That is why it is so fine, so that it can be taken into your very body, through the soles of your feet. You should now be able to begin to feel a surging of energy up through your feet. Now come with me through the walk through the roses on either side of you, and see how they turn towards you, as your thoughts turn to them. They are aware of your appreciation of their beauty, of their colour, of their perfume. And as they collect your thoughts, so they in turn glow and radiate back to you, their love, their happiness at being able to give you the beauty, which they have to offer. This will continue throughout this path. Let us walk slowly and enjoy every moment of these roses, giving more life than you have ever seen in flowers. And now feel the stems as you pass. There are no thorns, there's nothing to prevent your fingers touching the wood and again, feeling the energy coming from these blooms. Now let us continue through yet another archway, this time, with many hues of green. Imagine your country and the many shades of green, which appear to you in the spring. All those shades of green are encompassed in this one archway. And we go through there now, to the sound of falling water. Not falling water as you know it, but water singing the praise of the Creator,

singing its happiness to give you the love, the colour, the sound, the music, which that water is emitting constantly. And now, a surprise my friends, we shall walk through that waterfall, not behind it, not around it, through it. Come with me, step into the stream of water, which falls from above and walk through, through, through, not water, but a field of energy, which to you appears as water. Feel the energy surrounding you, permeating your bodies, blessing you, giving you happiness, giving you peace. And now through the water and there is no rock formation behind, as you would expect upon your planet, but a vista of green fields, such as you have never seen. Those fields are amassed with what you would call 'wild' flowers, of every conceivable shape, hue, size, colour, perfume. Again, as you would describe upon this Earth, as a flowering meadow, but all those blooms, every blossom, is an individual point of energy. Again, you see the reason for discarding your footwear. Let us walk through these plants. Do not worry you will not crush them. You will tread them down momentarily, but they will spring up, renewed as you pass. So have no fear of destroying any of them. And now in such a field upon your Earth, would you not expect to find, the nests of some types of your birds, who seek to live upon your Earth, amongst the flowers and your vegetation. Look carefully and you should see some such amongst the flowers, wherein you now walk. Do not be afraid of stepping on any nest. Your feet will be guided around such nests. And note too that the parent birds do not fly in fear. They watch you, but they remain with their nests and their fledglings. See if you can recognise any birds, such as are upon this Earth. Now we will continue into the forest, which you see ahead— again, not a forest that you would recognise as such—many types of trees, many colours, many heights, some large some small, but none being denied access to light and air. All growing vigorously, as is intended for them, all in harmony—each one's colour blending with its neighbour. Now listen to the wind through the branches. Once more I say, not as you would hear it upon this Earth, but a wind, which sings with joy, as it caresses the branches, as it stokes the leaves with its breath, as it gives to those leaves the energy drawn from its cosmic birth. And in return is given energy from the soil, as you would call it that, in which the trees stand. When energy is given, another energy is taken, so life continues. It is given, it is taken, it is taken, it is given, and the cycle is never ending, never ending. Listen to the laughter in that wind or breeze. Listen to it singing to you in welcome. And as we go into this forest, though there are so many trees, you will become aware that nevertheless, there is no darkness, as you would expect. All is light, in spite of the thickness of the forest, in spite of the number of the trees. There is no shadow, no darkness, all is light, light. Look up above your heads and see what you would call a sunlight shining through, not between the leaves, but through the leaves. That is why there is no darkness—all is light, light, light. And listen to the many little animals that live within this forest; none fearing, all happy, all contented with their place in the scheme of life. No death can come to them, as on this Earth. No fear can mark them. Listen to them. Now let us continue. We come out of the forest, into a sandy plane. So far as you can see, there is apparently nothing growing, no living thing. Again listen, listen to the music that rises from that sand. Trilling, whistling, whispering, but all in harmony, all in harmony. And though it would appear that such land would be excessively hot, you do not feel it so under your feet. It is cool, pleasant, welcoming. Such is life within our sphere, always welcoming, always giving, always pleasant. Only your own thoughts can destroy what is there for you to enjoy. And now we come to a large lake. You may have seen it shimmering in the sunlight. It is not blue, it is not green, it is a combination of all those shades of blue, all those shades of green, which you can imagine. And now another surprise for you my friends, we are going to walk across that water, not in it, but on it. Do not have

fear. Follow me onto the water which will support you, unless you wish to be immersed in it, then you may do so. But no doubt it will be more exhilarating for you, to be able to walk upon the surface. Do you feel the energy, the warmth of the energy rising from this water? As I have said many times, all is energy, energy, energy. And now, let us come to the far bank. And as we ascend from the water's edge, onto the field beyond, we go through many, many rushes, tall waving, with no scent of decay, again as upon this Earth. There is no rotting of those unwanted. They are removed without the unpleasantness you experience here. As you go through, take some of those rushes in your hand. Feel the warmth, feel again the energy through your hand, into your arm, into your body. The purpose of this walk was in the hope that you might, at each time I have spoken of it, feel the various energies, which exist and from which you cannot ever escape. And now turn to this path on your left, apparently a long way away, but in reality, quite near. A city of translucent buildings, gleaming, shining and again, welcoming. This is a city where all learning, all knowledge is gathered, for particular purposes. There are many such, many such, which in the gathering of their particular knowledge, feed other larger cities, where that knowledge is stored. But alas I cannot take you into these buildings at this time. Let us walk passed them. Feel the radiations from the walls as we pass—again energy; energy in colour, in light, in warmth, in welcome.

And now my friends, we return to the gates. I will not tell you how, but you have encompassed a large area of land, without realising the last part of the journey was by thought, back to the entry. Here I leave you. I trust that my descriptions, my explanations, have been of help to you and have been of assistance, in enabling you to imagine, even if you did not experience the wealth of wonderment that awaits you, when you join us from your Earth. I leave you now, hopefully to discuss your feelings with each other—to share each other's experiences. And with my blessing I say goodbye to you all.

(Thanks + farewells)

[I would like to take you on a journey through one of the realms, from which I have travelled](#)

Through Sue. (21/4/97)

Now, I ask you to imagine you are all clothed in a long robe, tied at the waste with a silver chord. Each one of you is dressed in the colour which you have been given previously, as the colour of your life. Are you aware of what I speak? (**General agreement**) So we begin our journey. You are barefoot, there is no need to have your feet covered. You are walking upon the softest and most delicate moss. Feel it going between your toes and feel the energy from it, travelling upwards through your limbs. Feel it as it reaches your solar plexus. Feel the energy as it travels upwards and rests around your face and head. Slowly move forwards — we are now passing through an arbour of trees, which are bending towards the centre, forming an arch, through which the love of the Creator, is dappling through, like sunlight playing on the waters of a lake. As you pass through these trees, reach out and touch the bark of them, either side of the pathway. Feel its softness and listen, as it speaks to you, as it speaks the age-old words of wisdom of the soil. We are now continuing forwards through these trees, into a meadow. The moss has now given way to lush green pasture. Feel it as it

sweeps past your ankles. Feel it as it wraps itself around your feet, pulling you down into the Earth's surface. And now continue slowly. Ahead of you is a magnificent rose tree, larger and more abundant than ever you would see on this Earth that you dwell upon. I ask each one of you, to take a rose that is growing there, the rose of the colour of the robe you are wearing. Be very careful not to take a colour that does not belong to you. Look into the depths of the petals, listen to what it has to say to you, accept the love that it brings and let it flow through your fingertips, until it goes down into the Earth's surface and once more springs to life, as a separate rose tree. Look around you, can you not see them growing as I speak? Now, continue walking. Ahead of you, you should see a gateway. There are four steps leading upwards. I ask you to climb these steps and wait for me at the entrance — (Pause)

And now we go through — each one of you I ask to stand before one of the windows that are on either side of the room in which you find yourself. You will know which window to go to, because the rose you have picked will be there in magnificent coloured glass — and go to it. There are enough windows for each one of you, regardless of whether you have the same colour rose held in your hand. Now, turn and face the window and look through the panes. Ahead of you, is a shining pathway. Step through your window and stand at the beginning of your life. Everything that has passed since you were first birthed on this Earth, can be seen in the first few feet of your path. I ask you to look beyond that — you should see a glowing light in the centre. Concentrate I say to you, concentrate each one of you, on the centre of that pinprick of light and watch as it slowly spreads outwards, until it becomes a glowing orb. Reach out your right hand and place it beneath the light. Let it wash over your fingers, until you feel you could lift it, as you would a ball and slowly raise your arm until it is above your head. Now slowly bring your hand down, so that the light may come over you like a cloak of starlight. Feel it, feel it as it tingles over your skin. Feel it, feel it as it becomes part of the robe which clothes your body and feel it, as it sinks past your feet and sinks back into the sacred soil and watch, as that light becomes a parallel pathway to the one already at your feet. My children, this is the pathway given to you, to follow all the days of your life and in the life to come. You will surely recognise it as your years pass. You may stumble, you may feel that you have gone on a diversion, but know in your heart that you will find it and continue in the direction it leads you. Put that pathway deep into your heart and remember its existence, when times are especially hard and decisions you have to make, seem never-ending. That pathway is the pathway of light and love and will lead you ultimately, to the end of your rainbow. Now, turn from it and walk back through your window. Now, lay your rose at the bottom of the glass. Stand and walk towards the doorway from whence you have come. Go down the steps and wait for me to arrive. Now we walk back to the rose bushes, which you should see have grown magnificently, in the time you have been gone. Take a rose of your colour from the new trees and walk back beneath the trees of the dappling sunlight. Listen as the leaves give you their blessing; and onward until you feel the velvet moss between your toes. I ask you to reach down and push your hands into it, until they are covered up to your wrists. From this moss, you will now have the strength to continue back into the earthly realms, from which I have just briefly taken you. Place your hands together, in supplication and offer your love to the magnificent Creator of all things that you have just seen and all things that are yet to be seen. Look at the Eternal Flame. Feel the power as it wraps itself and protects each one of you. And ask only that you may continue to do the will of that great one, whose name is different to you all.

I hope that the journey we have been on together this time, will remain in your hearts and minds, so that you may call upon it's memory in times of stress, in times of unhappiness or trouble and know deep, deep in your heart and soul, that there is a magnificent and overwhelming life yet to come.

I would like to take you on a path, which I hope will be of interest and give food for thought, at times when you are all away from here.

We were then taken on the following meditative journey. (26/5/97)

Please to imagine that you are standing at the foot of a wide and brightly lit staircase. Remove any footwear you are wearing and be prepared to walk about these stairs. Step lightly upon the first stair and feel the energy creep through your body. Breathe deeply and prepare to ascend. As you walk up, look to the side, to the right-hand side. Look over the stairwell, there are young children stood watching you. In their hands, they are holding a silver chord, which links them together. See how they smile at you and wish you well, on your journey upwards. Look ahead of you, you are reaching the top of this magnificent staircase. In front of you, are doorways, with golden handles and a shimmering light around their frame. There is a doorway for each one of you. One at a time, I would like you please, to put out your hands and touch the handle of the door and enter it. In front of you, you will see a volume bound in the softest and most perfect Swede, emblazoned on the front cover, you will see your names. Reach out and carefully lay your hand upon the softness of the skin. Feel the energy within and know that inside, is all of your lives, before and after this moment. Reach out and slowly lift the cover, it will automatically open at a page significant to your lives at this moment. Some of you will be able to read what is inscribed upon the velum. Others of you will see nothing, but do not be disappointed or concerned, it is only that your psychic eye, is not yet developed enough to see the written word. Fear not, that which you cannot read, will be instilled upon your mind and it will be as if in sleep, you are reading the written word. From this page, you will get an insight into what is to come to you, in the future. Some of it will possibly not come as any surprise to you, but some will bring you great joy and amazement. In the corners of the page, you should see a magnificent illumination, of a rose. The colour which you should see will be that of your Spirit, the colour which now is well known to you. Watch carefully and you should see the 4 corner roses, expand and grow, until they are one large and truly magnificent bloom. Reach down and bury your face in its velvety and most wonderful petals. Take in the aroma, let it flow through you, as your blood surely flows through your veins at this time. Step back from the book, taking one last look at what is written for you, and know the truth and your lives to come. Gently return the book to its closed state and look and see how much brighter your name upon the front has become. See how the light from it, illuminates the room you find yourself in. See how the light from your name, joins and dances with the light from the window, which is immediately on your right-hand side. Turn and look through the window and you will see a silver pathway that was shown to you previously. Look, look to the end.

What do you see? What you see is what you will be and what you will become. Fear not if all you see is a pathway with no end and nothing in sight. As with the written word, your psychic eye is undeveloped, you will be given an insight into what you should have seen, not necessarily in picture form, but it will be impressed upon you, so that at some very near stage, you can say, 'Ah yes, now I know what I should have seen, and what I should have read.' For those of you that can see your pathway and see what is at the end of it, I say to you, that is where your future lies and that is the way you must turn your footsteps and walk towards what you know to be right. Your minds may query, you may feel the information you have been given is wrong but let me assure you and I say this in the strongest terms possible, what you see, what will be impresses upon you, is right. Now, turn from the window and look again, at the table before you. The book is no longer there, but in its place, is a scroll tied with the softest and most gentle material. You will see it is once again, in the colour of your Spirit. Reach out and pick up this vellum. It is yours to keep in mind and Spirit, through all eternity. What is written on the page, will be with you throughout all your life and into each plane of existence. You will take the written word with you. Guard it well, for it is your future. Now go towards the door, reach out your hand to the golden handle and open it and see before you, that most magnificent staircase, from which you have come. Slowly walk down the treads, taking care to step firmly upon each step of your pathway. Look this time to your left and once again you will see the children. See how they are smiling at you. They know where you have been and what you have been privileged to see and they are most happy for you. At the bottom of the stairs turn to face these children. Hold out your scroll and let them bind it with the chord, which is in each of their hands. And now bid them farewell, for your journey has come to a close, for this time. Replace any footwear you may have had, and I bid you farewell for this time.

[An interesting communicator came through Sue](#)

(8/6/98)

With your permission, I would like to speak to you and give you a little light relief this time and perhaps give another small insight, into what you will be seeing in time to come, when you join our realms.

Les: Yes, that would be very interesting, thank you.

Can I ask please, that all the friends here, try to clear a space in their higgledy-piggledy minds, and listen and try to picture what is being relayed to them. I will wait a moment and then I shall take you on a little journey:-

In this world that you inhabit, you have what you term, your four seasons. Although we do not have seasons as you would imagine, there are changes occurring through our time-span also. I would like you please, to picture in your mind's eye, a door. This door is white, but not the white that you know of here. I can only ask you to think of it as the white that you see, on a snowy day in your realms, when snow has ceased, and the sky breaks and a sunbeam comes down and lights upon the fallen snow. Imagine the brilliance and the sparkle from those ice crystals and try to put it upon the door I am asking you to view. There is a handle, a beautiful golden handle on this door and I ask you to reach out and turn it and gently push the door and let it swing open. This vista you will see before you, is what you

would call winter. In your winter, you have bare twigs, you have dark clouds amassing in your sky and you have rain. None of these things are wrong, it is just the season and what is expected, but in our realms, it is not quite so sinister. Ahead of you is a beautiful tree; look up from the bottom bark, let your eyes lift. The boughs sweep out either side, like a magnificent cloak and the bottom branches are touching the ground. It is winter, but look at the leaves, see how they sparkle with the dew; look at the brilliance, though they are not green as you would expect in springtime, neither are they the mottled oranges and brown of the autumn, no. Look again, see how they shine — clear transparent. Each one is like a miniature mirror, go up to the nearest bough and look into those leaves and you will see your reflection a thousand-fold. Gently rub your hands over those leaves and listen to the wonderful music that that creates. FEEL the soft dew upon your fingertips and BELIEVE that that is the tree of our winter. Now return slowly to the door and gently close it behind you.

Now we move to the next door, for the season of spring. This door I would ask you to see, as a shimmering silver green; a new colour which denotes a new growth — touch the handle, push the door wide. In front to you now, are much smaller trees. Look at them, look upon their branches and see the buds. Now, carefully watch, as each bud opens slowly before your eyes. See how it shimmers with the colour of the door. See how each leaf unfurls and grows and offers a promise of things to come. Look, look up and see the new butterflies as they rest upon the new leaves, their colours more vibrant, more shimmering than the best and softest gossamer. Listen, as they beat their wings, listen to the music of spring. This is the season of rejuvenation and those that wish it feel reborn, as they watch the tree give birth to new life. Walk back slowly now and close that door behind you.

The next door is for the summer time, a time of warmth, a time of laughter. This door I would like you to see, as a bright golden yellow. Feel the warmth coming from it, as if it was the rays of the sun. Once again push open the door. Before you once again is the most magnificent carpet of flowers. See how the gentle breeze moves their petals, so the colours intermingle and become a shimmering light. What colours do you see? Every colour of the rainbow and every colour that you have yet to see — colours that you cannot identify but will in time to come. Listen as the petals stroke by one another, listen to the music of the summer time and feel glad. There will be no need for you to pick these flowers; that is not the purpose of their growth. Stand a while and breathe in their perfume; it is as you have never smelt anything before. It will release in you all, the joy for living. Slowly say farewell to the summer time and close the door.

And now the final door — this door is more than one colour. See how many you can see mingling on its surface — golds and copper, browns, greens and reds. Open this door and what is before you? Look, look as a carpet of leaves unfurls before you. Raise your eyes and see how they come down, gently coming down, swaying and touching and apart and touching, until they reach the earth's surface. Listen to the murmuring of them, as they come down. Look through them and you see another tree. But look, not one leaf has dropped from its boughs, not one. It is still as vibrant, as it ever was, but more muted, more gentle, coming to the quiet time, to the quiet time BEFORE the winter comes. Put your hands down and lift the leaves and let them fall in front of your face. Smell their perfume, so different to those of the flowers, but no less beautiful for that. And now stand back; move your eyes from right to left and what do you see? All four of the seasons, all mingling together, becoming as ONE. And rejoice in the knowledge that you will be surrounded by all of these senses. Listen to the music of the trees, smell the perfume of the flowers, listen to the murmurings of the leaves, as they fall and rejoice, for this is the Spirit of Life.

There was then some discussion about how in spirit realm all these seasons can be produced with the power of thought. We then thanked our guest and said our farewells.

A healing exercise

A healing exercise through Sue. (22/9/03)

Picture and visualise what you perhaps would call a crystal ball, but it is the colour blue. Visualise this orb resting upon your knees. Feel the power emanating from its sides—a healing power, the warmth and the vibrations and the music coming slowly from it—the music of healing. Imagine you have lifted this orb, so that it is in front of your eye—your psychic eye. Look deeply into this blue. You should see the colour moving—it should not be static. Allow yourself to permeate this colour, until you feel the orb expanding, until you feel the orb envelope all of your physical body. Feel the colour, hear the healing music flow down and across and through. Now when you feel that you are surrounded by this power, I ask you to think of someone close to you, or possibly just an acquaintance who requires some spiritual comfort or healing, help or guidance. Take a few moments to ask mentally for this person or peoples to be visited this night. Now imagine the cloak you are enveloped in, is being lifted slowly, slowly from your human body, until finally you no longer feel its presence around you. Now push, push the orb towards the centre of your room, until you can imagine each one reaches the centre and becomes one enormous moving spiritual orb of healing energy. Release your orb, let it become one with the others and feel it vibrating throughout this room.

This orb contains love, forgiveness, precious thoughts—it cannot now be divided—all here in this room are of one healing mind. You have each given to all those named mentally this time, your thoughts of love. Those among you, who help our world through healing, have given more than you could imagine. This orb I repeat, can never, never be destroyed, altered, fractured or disposed of in any way. This orb will remain as a monument to everything you have given this night. From the very bottom of our hearts, our minds, our Spirit, we thank you. May each and every one of you be touched with glory of love, be protected, guided, revered and may each day of your physical life until you reach our realms, have an inner core of deep happiness. Never don't believe that deep inside of yourselves, is a glowing warm deep core of utter joy, which will one day envelope you and remain with you always. I thank you for allowing me into your home and into your hearts. (thanks expressed)

A summertime swim in the sea

A guided meditation by Sara. (16/7/07)

It is summertime and it's still very, very hot as you can imagine ... and you are on the beach and it's still warm after the hot part of the day in the afternoon, and in front of you is the sea. And the sea is very warm still and you walk along the sand with bare feet. In fact, you are wearing swimming clothes ... and you just put your foot into the water and it's beautifully warm, and you decide to swim. The sea is very still and tranquil and you are alone. And you start to swim in that beautiful warm, tranquil water ... and you decide to swim out to sea, and you enjoy the wonderful freedom that the water is giving you. And you don't feel tired. You feel refreshed as you keep on swimming gently in this wonderful warm water. And you smell the salty, sandy smells around you and feel the gentle breeze on your skin. And you feel a sense of freedom. All your cares have gone, and when you feel that you've had enough, you decide to come back to the shore. You come out of the water and pick up your towel, which is a very, very big fluffy, dry towel and you wrap yourself in it. And it is still warm, there is a slight breeze, but the air is still warm. It cannot possibly be England. So, you are sitting on the beach now, wrapped up in this towel ... and you go into the silence ... and you give thanks, for the wonderful peace that you have in your life ... and give thanks for that peaceful centre where you can re-generate your energy, and draw strength from those around you. As your breathing deepens you become aware of those around you, and you connect deeply with them, and you thank them for being with you and then when you feel ready, you come out... You are feeling dry again now and the air is still warm. You walk slowly back across the beach and home again, without any cares, without any worries, without any burdens ... or fears.

A row across the water

Sara's guided meditation. (13/08/07)

It's the end of the day. You are sitting by the water and a boat ... a little rowing boat, and you get in this little rowing boat. You are on your own, just you. And you climb into the boat and the boat starts to move off ... it's a little magic boat and it's got a mind of its own, and it will take you on a little journey around the bay. It starts off slowly and as you sit in the boat you trail your hand in the water, and then you notice the ripples in the water ... and the water feels cool, and as you look into it you can see the darker depths below. You are drifting slowly still, and you are reflecting a little on the day and you are reflecting on how wonderful and how blessed your life is and has been ... and on all the wonderful little opportunities that you had in the day, to show your love to other people ... and for others to show their love for you. And you feel excited by the possibilities that lie ahead and knowing that there is so much for you to do ... and fortunate that you don't ever have to wonder what to do with your day. And you know also that the pathway that you follow is leading you to greater and greater riches and you feel much excitement within you about the future and the present. And the warm sunset glow matches the warm glow within you, and you feel there is so much coming to you that is good. And you know also that all of the answers lie within you and all the wisdom that you need to access the better part of every day is there for you, and that it's possible to have it all. The magic boat is still moving around the bay and your hand is still playing on the water by the side of the boat, and you look still into the deeper waters and see how far you have come and how far you still have to go. And as

your mind goes higher on your journey, it's still and describes the lower evermore. And so the compassion within you grows ever and deeper because your mind is no longer separated from your heart. So, you do not view your fellow human beings with detachment ... yes it's detachment but not a separate entity. So, when you look into the water and you see the ripples spreading outwards, it's almost like your heart and the energy within your heart is forever spreading outwards to encompass yet more and more of your world and the world at large beyond it. As you look at the sun again, you almost become the sunset. You become one with the sunset and one with the water. And as you merge into these feelings, the magic boat has brought you back again to the shore and your journey is complete ... and you are complete ... and whole ... and strong ... and ready for another day.

A beautiful, beautiful summer's evening

A meditation through Eileen (17/8/15)

I want you gathered together as a group; and it's a beautiful, beautiful summer's day, and I want you to feel the warmth of the sun on your body and your whole being. And on the start of this journey I would like you all to slip your shoes off and step onto the grass, which is soft and silky, and it feels good on your feet. And as you get used to the feel, I want you then to move forward—slowly and happily and to look at one another and appreciate the bond that all of you have. I want you to carry forward and look around—look at the sky, how blue it is, how green is the grass and see where you are. Are you in an open space? Are you in a woodland? Are you by the sea? Each one of you will find your own destination. And as you continue on this journey, you begin to feel very light—lighter than you've ever done before—and you continue forward. And as you look at the fields ahead you see many things and you can see many people. I want you to carry forward, and suddenly you can't feel your feet in the grass. You feel so light, lighter than you've ever been before. And as we go forward there's a small rustle in the trees, and the smell of wherever you are; whether it be the sea or the woodlands or the open space. Just stop, just smell what is around you—and feel yourselves being absorbed by Nature, and you're feeling really, really good. You're feeling relaxed, you're feeling happy and you're glad just to be alive. Now as you move forward, before you there are another crowd of people, and whichever pathway you've chosen, you will find the group of people that are known to you. So slowly, slowly go to meet them. And suddenly you'll recognize within this group that there is someone you love, or you recognize from other times and you can't wait to meet them. So, continue forward and stop a while and see who that person is. You will recognize them, and they are coming towards you. Take the time to recognize and to feel the love that they bring towards you. And as you get closer you become as one. You talk to the person that you have met, and you discuss how you feel and how glad you are to meet them again. And I want you just to be still, to feel that love, to feel that light, before you return back to where we started. So take your time and see just what happens. Feel the peace, feel the lightness, feel the joy and the happiness; and know that you're more uplifted than you've ever, ever been. And whenever you're ready, you can return in whichever way you want to; and I shall meet you all back at the beginning.

(Pause)

Now, we're back at the beginning, please remember to put on your shoes, to feel the ground, and yourselves to feel grounded and happy about where you have been. So gradually return and come back. Thank you.

Everyone back? —did you meet anyone you knew?

Some discussion then followed about the various friends and relatives who were met.

Just think about the word love and what it means to you

Meditation about love by Sara (23/11/15)

Just think about the word 'love' and what it means to you. Just spend a few moments thinking about the word, and see what images come to your mind. You may get a picture—you may get some colour—you may have a few words. Just sit for a few moments and see what comes to you.

So later we can talk and we can share what we've found about that. And when you hear the word 'love', how does it make you feel?—just the word—to hear it?

Think about the people in your life who behave in the most loving manner. Think about what's special about them—why you feel that they are so loving. There are many different expressions of love—many ways of showing love to others; because everybody is unique and everyone has their own special gifts and strengths. They express love according to their unique way. So the expression is very different with everyone.

And now think about when you yourself are feeling at your most loving. How does that affect you?—how does that make you express yourself and how do you behave towards others?—and how do you think when you feel that you are at your most loving?

And then have a think about what makes it possible for you to one day feel that way?—what conditions are there that make you feel more inclined to be loving to people around you?

Try if it's possible to think about what causes you to open up and expand and open towards others, and what causes you to close down.

And now if you could imagine a rose in your heart-centre—just imagine it is a rose bud, and watch it in slow motion opening and see if you can feel an expansiveness as the flower opens slowly.

Now just imagine yourself filled with a beautiful love and peace, and just imagine that that is what you will give to all the people who cross your path this week.

Try to just imagine the lightness that you feel when you are consciously filling yourself with love and opening yourself to others—just try to feel that lightness.

Thank you.

A visit to a temple

A guided meditation by Sara to a temple. (5/6/17)

I think that we're going into a temple, to give thanks. It's a golden dome-shaped temple. I am just standing outside it at the moment, so just stand outside it with me.

It's a very shiny sort of gold colour, in a dome shape that goes up to a peak at the top; it has one sort of a line at the top standing up.

We're going to go inside, it's a little dark as we first go in and you seem to have to stoop a little bit to go inside, but just keep walking, and we're coming into a lighter area now; I think it's in the centre of this temple. It's a very beautiful floor, a bit like a mosaic with different colours, but a lot of gold, white and an intricate pattern on it.

And you're going to kneel on this floor. Just go silent for a few moments.

Pause

And give thanks for all the blessings that you feel in your life; just think of things which perhaps we don't think of every day, but they are very great blessings all the same. So that's the basic things that you have, that enable you to live.

And then think about what you do, and your ability to do it; what you do with your days.

Think about your body and what you're able to do with your body—your mind, your hands, your legs and your feet.

Give thanks for all of those things, and then think about all your own special qualities and what you are able to give personally to people—special gifts, abilities, things you've been taught—perhaps it's things your parents taught you; give thanks for those too.

And then, give thanks for all the things that you enjoy in this world, as many things as you can think of.

Pause

Before you leave the temple, feel the joy of all that you have within you, and all that you have to give.

Look once more at the gold, the beautiful shiny gold temple and the gold and the white floor. And let them remind you of your blessings.

When you feel ready, you can leave the temple.

An ambitious acorn

Graham leads a meditation about an ambitious acorn. (4/9/17)

Ker plunk! Ouch! I just bashed my head! I'm in a very strange place. I think I might be an acorn.

I just fell out of a tree. I rather like where I am, because it's full of woodland smells; I can feel the damp earth around me and I can feel myself being covered in leaves. This is a very cool, moist place—very comfortable, perfect for an acorn.

And I'm an ambitious acorn, and I want to find out about the world.

I don't know what an acorn is supposed to do. But I feel as though I want to send a root down into the ground—so I'm going to do that.

Pause

So, I start to split my shell and I send a root down into the ground; but at the same time, I want to send a shoot in the opposite direction, upwards. So, I got two jobs to do, send my root down and I send my shoot up.

Shyly at first, but then with more courage, I decide to push upwards—I want to know what's going on. I lift myself up now above the leaves, and I can see light.

*I grow stronger and stronger and the desire to **gROW** becomes greater, I can feel now strong and sturdy, so I'm able to push upwards. I can see lots of leaves in every direction and I want to push upwards higher and higher.*

I start to unfurl branches, my buds open into leaves; but I can't see very much, so I want to grow higher.

What is this that I am feeling? It is a breeze. I want more of this, so I decide to grow higher. My branches become stronger, break out into twigs and leaves and I push on up through the wood, getting ever higher and higher.

I can glimpse now sunshine. I want more of this.

Pause

All around there are interesting things, amazing things, flying insects, buzzing sounds, knocking sounds, rustling sounds. I pause and feel all that is around me.

Pause

I realise that I'm not alone. There are many other trees all around, but still, I want to grow higher to get a view of the world from far above. So I keep pushing upwards and now become hugely strong, enormous, powerful. I absorb all the Love that surrounds me in this wood, all the trees are emanating Love, I give Love, I receive Love. Everything around me is in balance.

I now pop my crown up above the trees and I have a fantastic view of thousands of other trees just like me.

Pause

As the sunshine fades and the clouds gather and I feel the changes in the air—the flowers that I've had are now replaced by more acorns. Like all the trees around me, I start dropping my acorns and they fall all the way down, down, down, down, to another Ker plunk! And an ouch! And it starts all over again.

And that's that.

A gentle 'going into our body' meditation

Led by Diane (26/2/18)

So, if everybody would like to take a nice breath in, and as you exhale, just feel in the muscles, in the body starting to soften and relax. Feeling yourself starting to melt into your chair or sofa. And then just keeping your breathing very soft and even, just breathing gently without effort.

With each exhalation feel yourself become more comfortable, feeling the muscles in the body, link them in and relaxing allowing the bones to move back into the right position. Any

pain in the body is removed and you start to feel calm, warm, safe and comfortable. Allow with each exhalation, just feeling yourself relax.

Just take your attention to your mind; as you exhale, just clearing the mind. Release thoughts that linger, just acknowledging them and on your next exhalation, just blow them away so the mind is calm and clear. And then just allow in your mind to be aware of your breathing, noticing the coolness of the air as you inhale and all the warmth as you exhale.

Find a space in your mind. Just feel that space expanding—relax in the body. The mind is calm and open now. Maybe you can feel energy channelling through the top of your head and travelling down your arms. Feel the energy; in your fingertips you might feel some tingling.

With each exhalation, feel Peace and Love. Anything now comes to mind, don't be afraid, just allow whichever thoughts to come; welcome the healing and welcome the Love. Feeling in your body warm and comfortable, feeling your mind at peace. Just allow in the guidance of your Spirit to take you on your journey, feeling yourself opening and feel joy available to us all and let the peace of God the Great Creator to be with you.

A meditation into moonlight

Led by Sara (16/4/18)

I feel that we're looking at the moon. And it's a round full moon; it's giving out a lot of light and I feel that we're going on a journey towards that light and we're trying to feel where in ourselves and in our lives we need more light.

So, as you stand before this powerful light moon, feel the rays coming down to bathe you. If you can see the rays coming down in all angles from the moon, in all directions, and they're touching you, these rays. And feel what it is you need to bring light to, in your own life.

Perhaps there's something that you need to understand better within your own self. Or perhaps there is something you want a little bit of guidance with. As you stand here, ask for help with anything that comes to mind. Just think about the things you are dealing with currently. And remember that if you ask, you will always receive; and that goes for understanding something a little more deeply, trying to see something more clearly, receiving direct guidance about something.

So, allow yourself to be bathed by this light, just for a little bit longer and enjoy the reflective qualities of the moon. Think about things which are perhaps a little more hidden within you; perhaps you'd like to bring light to those areas, light and understanding. Or perhaps you'd just like to be able to help others with that too. Now just give thanks for any reflections you may have.

A meditation through a galactic wormhole!

Led by Graham (16/4/18)

I would like to take you to a place of infinite peace. A place where everything begins. To get there, we have to do an incredible journey; a place where space itself collapse to nothing at all. You could call such a thing a wormhole.

We are going through a wormhole. We are going to a place called a void. If you could just imagine yourself drifting into, I suppose a tube—very dark, very safe, it's a like a magic gate, because you enter it and come out the other side, almost instantly, but in a very different place.

So, as you approach the gate, all is dark in front of you, and just feel yourself drifting, as though you are in space, towards this gate. It hasn't got a handle or a door or anything like, it's just a space in front of you; and you reach forward tentatively with your hands, with your fingers and whoosh! You go through into an incredible place, you are in the centre of a void.

A void is a place where everything begins in way, where ether creates matter. This place is of infinite peace and infinite beauty, because as you look around, you can see galaxies, you have extended vision, you can see so, so clearly; galaxies going off in strings and ribbons, each galaxy containing hundreds of billions of stars. There are millions of these galaxies, each containing hundreds of billions of stars, all at an incredible distance from you, it's almost like being inside a bubble. Every direction you look, up, down, left, right, you are in the centre of a void where there is nothing at all, but there is a huge amount of energy here—it is invisible, you can't taste it or touch it really, but it's there. This is where ether is creating the very matter which will drift through ions of time, from where you are, out towards the edge of the void where the strings of galaxies exist. This is the very origin of matter itself. So the conveyer, if you like, goes out in every direction from where you are.

Now, having understood where you are, I'd like you now to spend just a few minutes looking all around you at these streams and trails of galaxies; it's like being in the centre of a single tiny bubble, and this bubble joins other bubbles and they go to other bubbles, like an infinite froth in all direction; but the single tiny little bubble that you are in, is hundreds of millions of light years across; the sizes and dimensions are staggering. So, just gaze at the beautiful strings, streams, clouds, thin little fibres all in the infinite distance around you.

Feel the cool freshness and the purity of the energies around you. Of course, with astral traveling, you could never go to such place physically, but with astral traveling anything is possible; so, this might be a place you want to come back to again.

With no effort at all, without any consciousness you return through your wormhole, back to where you are now, whoosh! Back into the physical world.

Now in the knowledge of at least one aspect of the dynamics of our incredible Universe.

A journey to meet someone who has passed

A meditation led by Eileen (23/4/18)

So, before we go on this journey, I'd like you all to take a nice deep breath and let it out really slowly; perhaps do it another time and realise that the body is relaxed and ready to go.

And when we reach that point, we begin our journey along a road that leads to the most beautiful footpath surrounded by trees and water; and as you look at this scenery you feel good about yourselves, you feel happy, contented, and letting go of all that life brings—stresses and strains.

And as we continue down the foot path, to the left hand side, there's a beautiful meadow by the river and in the distance, you can see some small animals, cats, dogs, rabbits, any animal that's quite small and you're able to see; so you stop a while and take in the beauty of the animal and again, you feel happy and contented and happy to continue on the journey.

And as you carry on through this forest pathway, the trees become a little taller, the water a little deeper and you feel you want to throw off all the cares and the worries of the world. And ahead of you, on the right-hand side, there are some iron steps, and as you step up onto each one, you feel lighter and lighter and lighter and you're beginning to feel really good about yourselves.

So, on we go up some more steps and at the very top, you'll find the most beautiful archway, and it's really huge. Now, before you open the door to this archway, you have to feel lighter, and lighter and lighter and when you achieve that level of relaxation, you are now ready to open the door; but where is the key? The key you will find if you place your arm through the gate, it hangs on a hook which you can then take down and you can try to open the door.

When that is done, as you enter through the doorway, the smell of roses and other flowers is overwhelming. And you carry on, and some may wish to sit down, or sit on the ground, or just carry on and see the breath-taking views from the top of the steps.

Some of you may want to remain here just to feel the beauty and the peacefulness of the situation, whilst the others of you will move forward and continue along a pathway, which is thick with flowers of all kinds, flowers that you have never seen before. And as you look down from this pathway, you will see that there are many people and yet you cannot see their faces.

So, as we continue, we begin to go downward on the other side of the great archway; and as you get closer and closer, you look at the faces of the people below, and as we reach out, you will become aware of someone that you have loved, someone who you will recognise, someone who has passed before you.

And so I will leave you for a moment or so to speak with that loved one.

Pause

As you make connection with your loved ones, you have to allow them to go, because it is time for you all to return back the way you came; and on the way back, as you descend lower and lower, you are even more aware of the beauty of the trees, the flowers, the water, and you feel good, and you have left behind all your troubles.

So now we go through the archway once more. So, turn around and have one last look at those loved ones; they are there, and they are watching you descend the steps, slowly, one by one; and as you descend each one, you feel just a little heavier than you did. And as you continue down, you will feel that heaviness grows every step of the way. Now you are on the bottom, on the footpath which will return you from where you came. So take in those fields, with people and animals and nature, and remember how you felt when you shared the time with a loved one; remember the feeling of peace, remember the feeling of no problems and that you blend with all of nature; and slowly, slowly, return back to the beginning of the road where you began. Take a big breath and exhale very, very slowly, until you feel your feet firmly on the ground.

A journey into an ancient woodland

Led by Graham inspired by Wistman's Wood on Dartmoor (23/4/18)

I'm imagining us all standing, looking down across a valley. But in that valley is a woodland, not like a woodland you've ever seen before. This is a truly ancient wild woodland. Somehow, it's escaped all the attentions of man, because this woodland is completely unspoilt. And the colours are very beaconing, because the colours are the colour of grass in early May.

You feel tempted to approach. You feel a sense of tranquillity yet excitement as you approach. And as you peer into the woodland, literally your breath is taken away, because in this woodland, you see trees that are timeless: Mists and vapours, everything is damp and beautiful and comforting and light streams through. The trees don't seem very big, but they are absolutely ancient.

Then, as you enter the wood, you feel an immediate connection with everything around you. You're not quite sure what the purpose of the wood is, until you crouch down and put your hands on the mossy ground and you suddenly realise that everything is covered in moss and lichen; an absolutely beautifully unpolluted place, totally untouched. This special, special place, is a place where you should contemplate your dreams: What is it in your life that you truly want?

So, this is a personal journey for everybody; to think of this early May grass-green woodland. You're being encouraged to think about your dreams—what is it you truly want to achieve? What is so especially important to you?

Close your eyes and feel the presence of the wood around you. The wood itself is opening your mind. There are things perhaps you'd never thought of. Connect with the wood and go within the wood, in your mind, and see if you can connect with your dream.

Pause

You to take a little bit of power away with you now, as you say thank you to the wood. Some of the energy that will enable you to go forward with your dream. You stand up and give thanks and you leave the wood, knowing that ALL things are possible!

A journey into a deep cave

Sara took us on a journey into a cave. (2/7/18)

We are going to enter into a very dark cave. From the outside it looks a bit brown-black—dark rock. It doesn't look that inviting, but at the same time, you want to go inside—you want to find out what it's about. So, you go down on all fours, to get into this cave. Once you're inside, it's a little bit dark—not that comfortable, but you find somewhere, where you can sit, on a flat piece of rock.

And in this deep cave, you find you have memories, memories of things which have been difficult for you—perhaps painful memories. What you're going to try to do, is gather these memories and try to find some forgiveness for those things and all those people who have hurt you.

So as you're calling to mind the things that come to you, look into the distance of the cave and you'll see a violet light and a white light and try to offer up these things if you have any—these painful memories, try to offer them up, to be transmuted by this violet light. Perhaps you could imagine the violet light coming down and somehow dissolving the things that you offer. Take as long as you need to.

Pause

And if there's anything you feel you need forgiveness for, perhaps you could offer that up as well.

Just allow that light to come and dissolve these things and give thanks when you feel that you are finished.

Pause

Now, in the distance I want you to follow that white light. You will find that it will open you into another cave, with a higher ceiling. So, as you approach this higher part of the cave, you suddenly see that there's a light shower coming down—a bit like water really and you just stand in that light shower. I want you to try and feel it wash away any of those bad memories—painful memories. Feel it leave you. The shower is coming down from above your head and it's taking away ...it's putting beautiful white light all around you and you feel it cleansing you, cleansing you back to a state of innocence—the innocence of a child, the purity and innocence, which will help you to see the purity and innocence in all those around you.

Pause

When you feel cleansed, continue on and you will find the cave lowering again; but still there is a light and if you follow that yellow light—you may have to crawl again—yes you will, you'll find that you're coming out to the daylight again. And when you reach daylight on the other side of the cave, just give thanks once again for that healing, that cleansing and for those painful feelings and thoughts, which can now be transmuted and leave you. And if you feel you want to do this again at home, as many times as you wish, you can do so...

Appreciating quartz sand from the perspective of an ant

Quartz through a microscope looks totally different to our experience. A meditation led by Graham. (23/7/18)

I am seeing a beach; beaches are fabulous places, they are so beautiful they have the energy between the sky, and the sea, and the land; and, it is a very energetic place, very, very beautiful.

But not thinking about ... we are just standing with your arms out to the side of you, just breathing in the sea air. The waves are gently rolling and breaking in front of you, and you can feel that lovely breeze. There's nobody else around so, you don't have to feel self-conscious, try and project yourself into being at one with all the incredible energies around you. You can feel the healing energy of the sea and of the wind in your face. The feeling of the wind across your skin, the air is warm, just the right temperature. As you stand on the sand, you feel yourself merging into all that there is around you, you ARE part of the sand, you ARE part of the water, you ARE part of the air; and you breathe deeply to absorb all those beautiful energies around you.

But now you're going on a little journey, you've rooted to this wonderful place and you're now going to close your eyes. So in your mind's eye, you're now going to feel and sense all the energies around you, with your eyes closed. You still have your hands out to your side, your arms out as well and you can feel a shift almost as though everything around you is now magnifying, but everything around you is magnifying because you're shrinking, you're becoming very small, but you haven't opened your eyes yet. So imagine yourself getting smaller and smaller, while you're standing on the sand; you can still feel the wind, you can still hear the waves, you can still hear the sound shifting. Now you feel as though you're almost floating, because you're now in very different perspective; it is still very beautiful and it still totally safe, but when you open your eyes, you are going to be in for a bit of a shock. You don't open them yet, in a way you need to prepare yourself for what you're about to see. What you're going to see is a world where the very minute is now surrounding you completely. So you are now standing on sand, but actually, because you're now so tiny, you are PART OF the sand. So you have your arms out and your hands out, just to hold on. And now, you are going to open your eyes and you are going to see the sand as if you are the size of an ant, or even smaller; so instead of that golden sand, what you're now seeing is huge crystals of quartz; everywhere you turn, all around you, thousands, millions, you can only see a few, because you're so tiny, but in every direction, you know there are enormous boulders of lovely transparent crystalline quartz; this beautiful mineral with it's healing powers is refracting and reflecting light in every direction. As the light refracts through the grains, colours of the spectrum are shining in every direction; you can see the red-orange, green-blue, indigo and violet in every direction; and what seemed to you before, like a tiny little speck of sand, is now something the size of you; and again, you marvel at the beauty of this incredible physical world in which we live. We take so much for granted and we see so little, so this is your chance to see the world from a different perspective.

Take a good long moment now to look around you at these incredible boulders of transparent quartz and how the light plays through them all. If you can, try climbing a little bit, moving along going from one boulder to the next; you're perfectly safe.

When you're finished and you've completely absorbed into your body all these wonderful colours and energies, I want you to close your eyes again, and feel yourself change back to normal.

Now you've returned to your original size, you can open your eyes again and go back to the beach where you were, and think WOW, beauty exists on all scales, in all dimensions, all around me, all the time.

Sara takes the group on a journey to a pool

(25/3/19)

We're going into a pool of water; it's a big circular pool, I'm just seeing a very blue—everything around is very blue and beautiful. I think we're just sitting in this big pool and floating, and I think what we've got to do is just feel our body, feel everything as weightless and flexible and it's to do with movement. So moving your body around, arms and legs in ways that you normally can't.

So you're wiggling around a bit and you're swirling around, twirling in the water—it's all very enjoyable. You feel very free, very happy and you want to move, do sudden movements, and just enjoy the thrill of being able to, without any restriction. Just really enjoy that movement, just wriggle around anyway you want to.

As you do it, imagine that your mind can do the same, that you can take on new ideas, and imagine yourself in different scenarios with ease—maybe they're different scenarios from your everyday ones, but just as your body wiggles around in that water so freely and easily, you just imagine that your mind can do the same, and you don't always have to think in the same way that perhaps you do with your routine's every day. Anything is possible, so sometimes when we're in our usual routines, perhaps we're thinking along typical ways, imagine that it's all wriggling around suddenly, like you are in the water; so it's like wiggly lines in your mind—anything is possible, you can shoot off in any direction on a particular day. Perhaps you often have a drink at 10 o'clock, well never mind that, it could be any time of day, you might decide to do something completely different next week, do it differently, even if you've got a job that you go to everyday, perhaps you're going to talk to different people that day in your break time, perhaps you're going to drink a different drink, or go to a different room—anything is possible, we don't have to do the same thing.

Sometimes a change is just quite a tonic.

So when you feel you've wriggled around enough in that water and you've jiggled around in your mind a little bit, just sit quietly, perhaps come out of the pool and sit quietly and see if any other thoughts come to you.