

Amethyst Garden Meditation

Find a comfortable chair and sit with your back against the back of the chair, hands on your thighs, palms up or down whichever is the most comfortable for you.

Concentrate on your breathing; allow your breath to become a nice steady rhythm.

See your breath as a colour and like the ebb and flow of the tide your breath flows from your feet to the crown bringing pure clean energy and ebbs from the crown to the feet taking away all negative energy, the stresses and stains of the day leaving your body in a grey mist.

Feel your body starting to relax right down as you move into a state of relaxation, an altered state of mind as the body and mind slows right down.

Now visualise yourself in front of a gate – what colour is it, how big is it and what is it made of? Open the gate and go through into the garden making sure you shut the gate behind you.

You are standing in a beautiful garden, there are fountains and waterfalls, lakes and streams, it is a lovely sunny day, and the birds are singing so stand for a few moments and take in the view.

Ahead of you there are areas of different coloured flowers – I want you to go to the purple garden.

In this part of the garden there is a bench seat so go and sit on it but as you do you notice that the heads of all the flowers aren't made of petals but of amethyst and these crystals surround a very large piece of amethyst.

Feel the calming, healing energy coming from all these amethyst crystals and suddenly you become aware that you are not sat looking into the garden but are in fact sat inside the crystal looking out at it.

Sit quietly and allow the crystal to talk to you, feel the exchange of energy taking place between yourself and the amethyst – what do you feel, what is it saying?

Look at the structure of the amethyst, see all the arches and shapes within it, how does it make you feel?

When all is quiet the crystal has stopped working so think about being back on the bench seat and you will be back there.

As you prepare to leave the garden you will be pulled by a particular colour so go into that part of the garden and bring a crystal back with you.

Don't be sad at leaving as this is your sanctuary, your place of peace and calm which you can visit anytime you need to.

Make your way back to your gate and come through making sure it's shut firmly behind you. Is it still the same as when you arrived at the garden?

Think about your chair within the room and at the thought of being back you feel your chair beneath you, your feet on the floor and your hands on your thighs.

*Take some nice deep breaths - Feel your hands - Feel your feet
On the count of three 1, 2, 3 open your eyes*

Welcome back!