



Angel Meditation

Concentrate of your breath allowing your body to relax right down until you enter a state of deep relaxation, an altered state of mind,

Now visualize in your minds eye that you are walking through a field of wild flowers full of beautiful colours. Smell the aromas from the flowers and see how they dance in the gentle breeze.

Now look at the sky, although the sun is bright you can see clearly all of the details, suddenly you see a small white light in the sky, focus on that white light as slowly it becomes bigger and bigger and as this heavenly light starts surrounding you, suddenly you have a feeling of love, peace and tranquillity.

The warm and beautiful white light is now all that you see and in the middle of the bright light you see the shape of a person. This person is surrounded by a white, bright light and as he/she moves towards you, you notice the wings stretching out on either side of this person and there is no doubt in your mind that this is an angel.

Slowly the angel wraps its wings around you, and you feel the love emanating from the angel as the soft, warm wings enfold you. Relax into these wings for as long as you like and take your time in this wonderful, peaceful place.

You are no longer afraid, now that an angel is watching over you and that the only thing you need to do is to call upon it to ask it for help. As you lie back into the angels wings you feel your heart chakra opening and you connect to the angel heart to heart – the feeling of love and joy is almost overwhelming.

If there is anything you need to ask for now is the time to do it and during the next few days look for the answer – you will receive answers to your question from books, songs, television, where you least expect them so be vigilant.

When you are ready visualize that the wings are slowly opening, feeling the love and security, even after the angel has let go, see the angel returning into the beautiful light and moving back into the sky to where it came from.

*You now see the field of wild flowers again and smell their aroma.
Feel secure and safe and loved.*

*As you think about being back in the room you feel the chair under your legs, the floor under your feet.
Take some nice deep breaths,
Wiggle your fingers and toes
On the count of three 1, 2, 3
Open your eyes – welcome back.*