

INNER GUIDE MEDITATION

by Anne King

For this exercise, you probably want to sit up ... or gently recline in a comfortable position to avoid falling asleep. It is designed to help you find and communicate with your Inner Guide. During this exercise, as you are asked to use your imagination, just allow any images, thoughts, and feelings to flow ... gently, easily, naturally ... without much thought ... without analyzing in any way ... just allowing whatever comes into your mind to come ... gently moving through your mind.

This a very passive, easy exercise ... a way to communicate with your inner mind ... your subconscious mind ... an easy way to locate that part of you that contains all wisdom and knowledge

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As we begin, allow your eyes to close and take a slow ... deep relaxing breath. That's right ... just breathe in slowly and deeply ... and exhale very slowly and as you do ... notice the muscles in your body beginning to relax. Take another deep, relaxing breath ... and again, exhale slowly feeling your body relaxing more and more with every breath. Deep breathing is very, very relaxing and you just continue to breathe slowly and deeply as you allow your body to relax breathing in relaxation breathing out all tension and tightness. breathing in peace and breathing out any worries or fears just relaxing allowing each breath to relax you more and more. That's right. you're doing fine just breathing and relaxing breathing and relaxing letting your breath move through your body relaxing your body relaxing your mind. feeling so peaceful and serene calm and relaxed safe and secure.....relaxing more and more with every breath And you'll continue to relax more and more with every breath as you move through this session.

As you continue to relax, imagine yourself surrounded in a beautiful white light ... a protective, magnetic aura ... you may think of it as God's white light ... or angel light ... surrounding you ... enfolding you ... protecting you .. opening your mind to all possibilities... opening to the experience you wish to have

YOU MAY WANT TO INSERT MORE OF AN INDUCTION

Progressive Relaxation or anything else that suits your client

Now, it is time to meet your Inner Guide so just imagine yourself in a peaceful place ... a beautiful place ... perhaps a place you've been before ... a place you want to go ... or perhaps, a place that is new and unique ... it may be outside ... somewhere outside in nature ... perhaps, somewhere far away ... It may be inside ... perhaps a place of higher learning ... maybe a temple ... a spiritual place ... Whatever comes into your mind is right for you ... let the first thoughts that enter

your mind show you this special place

Let yourself be there now ... And as your consciousness rests in this special place allow yourself to feel only pleasing feelings ... peaceful feelings ... calm, relaxed, peaceful and serene ... You know this to be the place where you meet your Inner Guide. Allow yourself to be open and receptive as to the upcoming experience ...without feeling the least bit pressured or anxious ... knowing your mind will furnish images ... thoughts ... ideas ... that are right for you ... You know your subconscious mind has the ability to furnish you with images ... thoughts ... feelings ... and ideas that are right for you ... that are meaningful to only you

Each time you practice this exercise in the future, the images ... thoughts ... feelings ... and ideas will become more clear ... more defined ... Your understanding will increase and continue to increase ...

So, now ... as you anticipate the arrival of your Inner Guide the first thing you notice is a scent ... a smell ... something unique We all have our own individual smells ... part of who we are ... and the scent that comes to mind ... whether through your olfactory senses ... your nose ... or just through your thoughts ... the scent you recognize is right for you ...

As you think about the smell ... the scent ... you notice a figure approaching you ... a figure that represents your Inner Guide ... notice the clothing ... the way they move ... their posture ... their countenance ... Imagine your Inner Guide approaching the place where you are notice any thoughts ... feelings ... images ... that come into your mind ... regardless of what they are

As your Inner Guide gets closer ... allow yourself to feel their energy ... their vibrations ... Everyone gives off specific energy depending on their personality ... their mood ... allow yourself to “feel” their energy ... They are here for you ... to help you ... to be your helpmate now and forever ... their only purpose is helping you ... guiding you ... answering your every question

Greet your Inner Guide ... in whatever way seems appropriate to you ... offer yourself in friendship ... reach out ... physically ... mentally ... emotionally ... Express your gratitude for their arrival ... their presence here today ... their assistance ... and comfort in your life

When you are ready ... ask their name ... and allow yourself to hear them speak ... or perhaps just know what they are saying ... Let your first thought be their name ... You could say to someone, “My Inner Guide’s name is _____”. This is what you call them from now on. Say their name to yourself ... imagine saying it out loud ... If you like, you may ask them what their name means what it signifies.

Now that you have a mental image ... a scent a feeling for their energy ...and a name ... ask your Inner Guide if there is anything they would like to share with you any information that is beneficial for you to know ... to understand ... right now ... Be open to those first thoughts ... feelings

... ideas ... and images .. that your Inner Guide may convey ...

Now is the time to ask any questions on your mind. As I am quiet, ask your Inner Guide whatever it is wish to know ... After each question, allow yourself to be open and receptive to those first thoughts ... feelings ... ideas ... and images .. that your Inner Guide may convey ...be open to whatever comes into your mind ... what you feel in your body ... however subtle it may be

It is now time to end this experience for the time being ... knowing that you can return to this place at anytime ... knowing that you can call on your Inner Guide at any time ... anywhere you happen to be ... knowing you need only to call their name ... imagine them there with you ... feeling their presence .. smelling their scent ... You can ask whatever you want to know ... regardless of how deep or trivial it may seem to be ... for your Inner Guide is there for you ... part of you ... with you always

Before you leave your Inner Guide ... allow your Inner Guide to give you a gift .. something special they have brought to the meeting ... something just for you ... Be willing to receive ... and take this gift ... open it if it is wrapped ... examine it . . feel it ... and then thank your Inner Guide for their wisdom .. Their thoughtfulness ... in choosing the perfect gift for you at this time ...

Now, say Goodbye to your Inner Guide ...knowing you will remember everything about this experience ... carry it with you ... be comforted by itKnowing you will be with them again soon ... and on a regular basis ... for as long as your desire ... anticipating future encounters with a sense of joy and gratitude. Say goodbye to your Inner Guide And take a deep breath

Preparing now to come back into full consciousness ... an awake level of consciousness ... having thoroughly enjoyed this wonderful experience ... knowing that each time you meet with your Inner Guide, the bond will be strengthened ... you will learn new things about them ... you will also be guided when you ask

DEHYPNOTIZE IN WHATEVER IS APPROPRIATE

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