

Finding Your Power

This track is a guided meditation called “Finding Your Power.”

In the Native American culture, symbols are used to remind a person of their own uniqueness, talents, abilities, and the magic they possess within. This guided meditation takes you on a journey to find your power, your genius - an image, a symbol found in nature that is always with you, to remind you of your special gifts and your ability to heal.

You can return to this place of great wisdom, any time you wish ... to ask for guidance, to ask for clarity.

Again you may want to have pen and paper at hand to write about the experience.

To begin:

Imagine yourself once again, walking down a long hallway ... noticing your dress, your movements ... hmmm, this journey feels quite different from the last ...

At the end of the hall is, once again, a door that leads to a flight of stairs. You pause a moment, wondering where you will go this time ...

You open the door, to find that this staircase goes down, to a river below ... you descend the flight one step at a time ... you can see a canoe at the bottom ... waiting for you ... waiting in the river that will take you on your journey of discovery.

Step into your canoe, gather yourself and ask to be guided to your sacred place ...

Your canoe obliges as you gently float down the river, watching your surroundings go by. Imagine what it's like to simply melt into yourself ... to feel the rocking of the water, hear its gurgling and feel the cool spray as you float along ...

At the end of the river is a clearing ... your canoe gently glides to a stop ... you get out and walk toward a campfire, where you are greeted by an animal or being or angel that knows and loves you ...

Ask this loving being if they will guide you on your journey of power and genius. Imagine your loving guide saying yes, of course ...

And off you go.

Notice your “angel” or being in great detail ... how they move, what they look like ... I am always greeted by my wolf. Wolves in nature are teachers, known for their loyalty and their own innate wisdom ...

As you step along, see every detail. Imagine the smells in the air, how your skin feels. Breathe in and out, and go deeper into your adventure, as you step closer and closer to finding your unique power and your ability to heal.

Breathe in, breathe out . . . in and out . . . your angel, your guide, stops and points: “There it is, you’ve found it!” What do you see? Reach for it, touch it, smell it, feel it.

Now ask your claimed power to show you all of your talents and abilities . . . your gifts ... ask it tell you about you.

Take the time to listen ... to hear all that is said about you ... The greater the detail, the greater the healing . . .

Your animal, angel, or loving being gently reminds you it’s time to return home ... this time, with your genius in hand. Mine has always been a pinecone, which represents new beginnings, new ideas, and new ways of communicating ...

Now that you’ve found your Power, symbol of Genius, it will never leave you and it will always remind you of who you know yourself to be.

You walk back to the canoe that is waiting for you by the river . . . The journey home is swift but gentle ... You arrive safe and sound, get out of your canoe and begin ascending the flight of stairs . . . one step at a time, noticing how you feel, what you see. You are at the top of the stairs, preparing to enter the hallway home ... Open the door, then open your eyes feeling rested, peaceful, and calm.

If you wish, pick up your pen and write about your experience, doodle about what you saw and felt and heard.