

A Journey to Your Universe

This track is a guided meditation called “A Journey to Your Universe.”

In Native American culture, shamans use meditation as a core way of “journeying” to places that allow them to heal themselves and others . . . places that also lend clarity to situations. The two most basic guided meditations take you up a flight of stairs, to your higher self or imagination and creativity or down a flight of stairs to your wise and grounded self.

This meditation takes you up the stairs to a place that allows you to create anything you want . . . it’s your place where you feel safe to dream and to imagine all positive possibilities and outcomes . . . it’s your place that you can return to any time you wish.

You may want to have your favorite pen and paper handy, to write down what you saw and heard and experienced once the meditation is finished.

To begin:

Imagine yourself walking down a hallway, with your favorite clothing on. I imagine a long flowing gown of gossamer—light, airy, like wings. You skip, childlike, down the hall, anticipating a lovely journey.

At the end of the hall is a set of stairs. Pause for just one moment before taking the first step . . . feel your anticipation, feel the warmth of these sacred solid stairs that support you. Ascend the stairs one step at a time, while watching and feeling yourself step up, up and up, knowing that at the end of the stairs is a door. Notice the energy in your step: Is it heavy? Is it light? Are you looking forward or looking back? Simply notice how you look and feel as you ascend the stairs.

Ahh, the door is before you—a beautiful oak door that beckons and requests that you open it . . . As you open the door, what do you see? What do you hear? What do you feel?

The entire universe and creation is before you ... this is your journey and your universe, and your favorite place to create and heal ... a place where possibilities are limitless and dreams are fulfilled.

Breathe in, breathe out, feeling peaceful, feeling calm . . . and take a step through the threshold of the sacred oak door . . . into the vast space of your universe . . . feel what it's like to be suspended and supported in the most beautiful place you've ever seen. You are light, surrounded by light. You can do anything, and you can create anything. You are completely supported ... imagine the freedom of being completely supported ... imagine being supported by your hopes and dreams and all that you want to be . . .

Knowing that you are supported, let's take a walk, deeper into your Healing Universe. Describe this experience to yourself. See every detail ... allow yourself to fly from star to star, if you would like. Take note of everything ... even if all you see, feel and hear is silence, as you journey deeper and deeper into your place of healing ... no judgment, only joy ... for what you are creating and experiencing. This special place allows you to let go of illness, of any pain and discomfort . . . and replace it with the vibrant, healthy person you know yourself to be.

Breathe in, breathe out ... large hearty breaths that clean and clear your heart, mind and soul ... breathe in, breathe out ... in and out.

Now, when ready, gently remind yourself to return to the door ... the oak door that has opened you up to your universe. Open the door and walk back through, feeling the steady, solid support of the door landing. Begin your descent, one step at a time ... languishing in the beauty of your experience ... knowing where to place each foot as you step down the flight of stairs, feeling refreshed, relaxed and rejuvenated ...

At the bottom of the stairs, slowly open your eyes, and if you wish, pick up your pen and write about your experience, doodle about what you saw and felt and heard.