

Guided Meditation

1. Get in a comfortable place. Breathe deeply for a few moments. Pray for the Spirit. Make sure you are warm enough and are able to rest your head on something if needed. Choose meditative music to play during the meditation. Use Solfeggio Frequencies.
2. Have a notebook and pen.
3. Choose and administer an essential oil to aid in your meditation. i.e. diffuse, or place on palms, or smell, place on head, feet, or arms etc.
4. Choose and write down Three things for which you are thankful. Write: I am thankful for...
5. Close your eyes.
6. Imagine a door, or a gate. Create it in your mind. Make it as beautiful or simple as you choose.
7. With your eyes still closed, and with in mind, enter through the gate.
8. When you enter through the gate you will see and hear and feel things. Whatever you see, hear, feel or experience there, beyond the gate is yours.
9. Simply allow whatever you see or hear, to be what it is. Trust in your soul to know the path. Allow it to show you things.
10. When you are finished, you will walk back through the gate and open your eyes. You will know when you are finished. Again, trust your soul to know the path and the way. Allow yourself to return through the gate when you are finished.
11. Write down what you saw, heard, felt and/or experienced. Whatever it was is enough. Allow it.
12. Learn about the emotional properties of the oil that you have chosen. If you are with others, share this knowledge with the group.
13. Read and share what you are thankful for and your journey through your door or gate, describing the gate or door along with the events of the meditation.
14. Allow others to share and read their gratitude list and their meditation as well as the emotional properties of the essential oils chosen by the others.
15. Do the meditation on a regular basis, with friends, with your spouse, with your children.
16. Do the meditation in connection with a clearing.