

Ancient Ones meditation
channelled through Colleen by her guides

Close your eyes, take one deep breath in...and exhale...

Take another deep breath in ...and exhale...

One more deep breath in right down in to your Solar plexus... and hold that... and exhale.

Visualise all the negativity leaving your body as you breathe out.

I want you to be aware of your feet and relax them, then your legs and relax them. Be aware of your fingers and relax them. Every breath in, breathe in positivity; every time you exhale breathe out negativity.

From the Universe comes a beautiful white light. Feel it cover your whole body. I want you to feel safe and secure as you feel it cover your head and then your shoulders, right down your body and under your feet.

From the Universe comes a beautiful purple light, bring that down your body, feel your body continue to relax, really relax, Envelope your body in the purple light remembering to place it under your feet.

From the Universe comes a beautiful gold light, and that is your armour. You can protect your body with this. Make sure you place the gold light under your feet to fully cover all of you.

Continue to feel your body relaxing...and then I want you to concentrate on your third eye, in the middle of your forehead. Start pulsating your third eye. This is the locus of your intuition.

You start to feel that your body is weightless. You start to feel your self rise, very slowly, it's as if you have wings... you begin to drift, very slowly. You can see yourself lifting, coming out of your body. Tell yourself 'I am safe. I am secure' as you rise higher and higher upwards, leaving your body and leaving the room.

I want you to look around in your meditation. You can see a big lake. It is the biggest lake that you have ever seen. You see a stone circle. You slowly feel your self descending and you know that you are landing in the circle of the Ancient Ones. The Ancient Ones are the spirits that watch over you every day. They are the spirits who have given answers to lots of your questions.

You place your feet on the land of the Ancient Ones and you notice that their circle is made of stones. As you walk towards the stones you see that the stones start to glow. You get closer still and you notice that the stones are like seats. They are big enough for you to sit on. You may choose not to sit on a stone but to sit on the ground with your back leaning against one. However you choose to sit make yourself comfortable. In your meditation I want you feel the stones with your hands. Notice what they feel like.

From out of nowhere people start walking towards you. Some you don't know, some you might remember, some are new. They greet you like they know you. Some of them may start to feel familiar to you. Some may not. You feel protected. As they move in they form a circle. You are now one circle. All of the stones have someone sitting upon them or resting against them. Your Ancient Ones have arrived and want to spend time with you.

A mist starts to settle. It is a beautiful pink mist and it feels damp to your skin. You can still see all of the Ancient Ones around you. You can see that all of you gathered together in the circle of the Ancient Ones are covered in the damp, pink mist.

I will leave you for you a short while. Use this time to ask your Ancient Ones questions. They can give answers to use as you continue on life's journey.

(Give at least five minutes silence to converse with the Ancient Ones)

You realise it is time to go. The Ancient Ones tell you that they are nearly ready to leave. Slowly you walk in to the middle of the circle. You all link arms and you feel the energies of these super Ancient Ones. They are sharing their energies and sharing their secrets with you. Feel the energies. They tell you that you may return to this ancient circle at any time you choose and they will come and spend time with you.

Thank them, bid them farewell and then slowly walk away. As you turn one more time you watch them slowly disappear back through the pink mist.

You find yourself, just as before slowly drifting upwards. You feel as if you are being carried but there is no one around you. Look around and you now see that this ancient circle is an island in the middle of the biggest lake you have ever seen. Very slowly you start drifting upwards and back and finally descending. You see your body, just where you left it, protected by the three colours of white, purple and gold. You land on the ground, back in the room and walk slowly back in to your body.

Take a deep breath... and exhale...

Another deep breath... in and exhale...

As you breathe in begin to be aware of your body. Be aware of your hands and your shoulders, and be aware of your feet. You are preparing yourself to enter back in to the room.

Bring a white light down from the Universe. Cover it over your body. Visualise a green light going around the whole of your body and then down straight in to Mother Earth. The green light comes back out of Mother Earth and continues in to an arch. Visualise your feet, cemented now in to the floor and say in your mind 'I am grounded'. When you have done that you may open your eyes.