

# The Power of the Night Sky

## Meditation Script

### Before you Begin

Before commencing your Meditation practice it is essential to ensure that you will not be interrupted, perhaps take the phone off the hook and put a sign up saying that you do not wish to be disturbed for a while as meditating.

Have a space that is comfortable for you to relax in and you may wish to set up some crystals, or incense to help set the mood.

The following script can be pre-recorded so that you can just lay or sit and follow the imagery that is suggested.

Take a couple deep slow breaths, close your eyes and allow your body to begin to relax and unwind.

Check that you are comfortable perhaps adjusting your posture with a few moves to prepare yourself to be still for approximately 30mins.

Relax, let go of any thoughts, any emotions and tension that has been weighing you down. Give yourself permission to be here, doing nothing, practicing meditation for relaxation.

If the mind continues to wonder that is ok, just let your focus return to the breath and allow the darkness that is front of you with your eyes closed, wrap itself around you and protect you and cover you in a beautiful silky stillness.

# The Script

Now imagine that you are lying on a beautiful sandy beach. It is night time and there is a gentle warm breeze blowing and comforting you.

You are looking up into the deep velvet night sky. This sheet of darkness is sparkling with the glistening of stars, shining and dancing across the blanket before you.

You are so comfortable lying in the soft sand. You are on your own and you feel totally safe. This is such a joyous place to be.

For a moment you roll onto your side and witness the moonlight beaming down on to the waves of the ocean.

You watch as the light plays with the water. You listen to the ebb & flow of the sea, you take in a deep breath and fill yourself with the freshness of the ocean breeze. Ah wonderful. (PAUSE)

You roll back onto your back. So relaxed, so at peace. You find yourself relaxing deeper and deeper into your surroundings. The stars, the ocean, the warm comforting breeze. You sigh a deep releasing breath. (PAUSE)

As you continue to stare up into the night sky you spot one star in particular. It seems to be beaming brighter and brighter. Growing & Growing. You realize that this star is actually beginning to move closer and closer towards the earth, towards you.

You feel a sense of excitement, a sense of wonder. You are safe and you feel enchanted.

As the star appears before you, you notice the outline of a being. Immediately you have a connection to this being, you know their energy and you feel excited that they have come to talk with you. (PAUSE)

From within the ball of light before you the wonderful being steps forward and sits down next to you.

# The Script

You begin to engage in conversation and find communicating easy. You have a bond and understanding and you can talk about absolutely anything. You now have some time to talk awhile.

If you are unable to communicate just sit and enjoy the sensation of love, friendship, and companionship that emanates from this being.  
(ALLOW A LONGER 5 –10 MINUTE PAUSE)

Your visitor advises that it is time to go and they stand up and ever so gently they begin to disappear back up into the night sky.

Higher and higher, and now they become once again one with all the other stars beaming away in the sky.

Every time you see this star you know you can talk to your companion, and a special ray of starlight filled with love will shine down on you. (PAUSE)

The beach scene is beginning to fade as you now return to the present moment.

Your senses become aware of the room you are in, you once again hear the sounds in the room and outside, you are aware of the surface that has been supporting you, your clothing on your skin, the movement of the body as you breathe.

You begin to breathe in deeper and feel the coolness as you breathe in and drawing in that beautiful chi energy. Awakening you further and grounding you back into the now.

You begin to slowly and gently move your toes, your fingers and your body.

On the count of three you will open your eyes, stretch and fully return to the now.

1 2 3 open your eyes.

Welcome back.

Allow yourself time to fully awaken and become grounded before continuing on your day. Drinking water, splashing your face can also help ground you.

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