

A few tips that might be helpful

- **This journey helps you to practice your visualization skills while gently opening the door to access your inner “power center” and to journey beyond your physical self. It will help you to connect – with your Self and beyond.**
- **There is an open “break” at some point in the journey, to allow your own inner imagery to emerge. The more you get used to “unguided journeying” the longer you might want to extend this break.**
- **If you want you can record this journey and enjoy it with your eyes closed.**
- **You can read the text in your own timing and according to your own rhythm. Or journey with a friend who is reading the text for you.**
- **Always go with what feels good! Adapt the journey according to your needs and play with it. Observe your Self. See what “comes up” for you.**
- **Enjoy and have fun – and as always: I look forward to hearing from you if you want to share your experiences.**

All-one

Grey Clouds cover the sky. It looks like rain. Good that I have a roof that protects me.

The Wind pulls at the curtains and drags them out of the window as if to take them with him. The crystal heart at the window sways to and fro... to and fro, to and fro...

Some Sunrays pierce through the dense blanket of Clouds. They play in the grooves and along the edges of the carved crystal and cast little rainbow-colored dots on the wall.

One falls right into my lap.

"Who are you?" the dot asks.

Who am I? I tell him my name. He doesn't seem to be interested in it.

"Who are you?" he repeats.

Who am I?

Before I find an answer, the little rainbow dot cheerfully jumps on my hand: "Up for a journey?"

"Where to?" I ask surprised.

Suddenly, I feel a warm tingling sensation around my navel. A band of bright purple light seems to flow out of my body. Excitedly, the little rainbow dot dashes back and forth. He giggles cheekily.

"Come on", he cries and rises into the air. I close my eyes, and NOW I FEEL how I am carried like on an unseen flying carpet.

Higher and higher we spin together, up to the rain-loaden Clouds, through the dense grey blanket, towards the bright warm Sunlight...

We climb upwards, faster and faster... past Planets, Stars and other celestial bodies.

A soft melody sounds in my ears, gradually becoming louder and louder. At first, it is just a quiet humming, turning into a finely woven sound tapestry of thousands of tiny bells, until, finally, a wonderful magic choir fills the air around us.

Light-hearted, infinitely free and awesomely fast we float towards an unknown destination. I inhale the sweet nurturing air and let the magic sounds penetrate and massage my whole body. A deep calm peacefulness and joy fills my whole being.

All of a sudden, faces begin to flash up around me. Like soap bubbles they float next to me for a while, before they disappear again.

Some faces I know...

friends...

my parents...

family...

people I love...

people I don't like...

And there am I!

Like in a picture book or in a movie I see various scenes appearing one after another...
Some scenes are familiar, others are new and exciting...
In some I am young, in others old, and sometimes I see my Self in other beings, like in a dream...

The images merge into each other, emerge and dissolve like Clouds on the sky...
They change, reappear... sometimes in slow motion, sometimes fast as lightning so that it is not easy to see any details.

Who am I?

Suddenly, this question appears again within my Self.

I...

I am...

I am the Tree in my garden.
I am the Cicada who sings in warm summer nights.
I am the Sheep on the green grass.
I am the Eagle circling freely, high above in the mountains.
I am the Sunrays of the rising Sun.
I am the Stars.
I am the warm Earth in the Pine Forest.
I am wild, I am gentle.
I am Friend, I am Enemy.
I am I, and I am ALL.
I am the Breath of Life.

The many, many thousands of puzzle pieces suddenly form a colorful mosaic. It radiates beauty and power. Luminescent, bright and colorful pieces together with dark and colorless pieces weave a varied and ever-changing tapestry. Each piece is important. Each possesses its own unique beauty and power.

I am..., the choir sings.

I have my place, my purpose.

Suddenly, a dazzling crystal light surrounds me. The light mixes with the purple band still emanating from my navel area. It twirls like a whirlwind around my body. Everything spins. I seem to dissolve... dissolve in light.
Purple-white swirls... warm waves of bliss and deep peace flow through me...
I immerge into an Ocean of love and joy...
I am... all-one...

(break - as long as you feel like)

"Are you coming?" I hear a soft voice from far away.

Slowly, the light-swirls around me dissolve.

I focus on the purple band and feel how it flows through my entire body.
It enters my body at the top of my head and connects me with the power of all
being.

It gathers around my navel and guides me, if I allow it.

I look down and see the little rainbow dot dancing up and down. He smiles and
waves.

“Come on, let’s go back,” he says.

At the next moment, I am in my room.

The crystal heart at the window sways to and fro. Little rainbow dots are dancing
on the wall.

The grey blanket of Clouds seems lighter and I see a few blue specks of sky
allowing the Sun to shine through...

I am...