

## The Sleeping Well.

The sound of a parent's voice speaking softly and calmly is a perfect way for a child to drift into a secure, peaceful sleep.

The primary purpose of this book is to allow quality time for a parent and child at the end of the day, at bedtime, creating a secure bond between parent and child.

I began sending my children off to sleep with a visualisation after they started to enquire about my practice of meditation and yoga; asking some very profound questions.

So I began to invent some visualisations based on yoga techniques for relaxation and meditation's I am familiar with. I found that the result for me is every bit as calming and beneficial as it appears to be for my children.

As I entered the space, my imagination would open and I could almost see the appearances of holy Angels; my imagination would open and the visualisations would unfold.

I like to form the visualisations around natural environments that incorporate the beauty and wonder of the world in which we walk. There is a

magic in the natural world which to eyes that can see looks pretty much like heaven.

I have heard it said that the path to world peace is a world filled with peaceful people.

What can we contribute in our own small part of the world to ensure that peaceful people flourish?

As a parent I seek to guide my children toward a peaceful state, I seek to introduce them to positive qualities all of which can be cultivated and reinforced.

I like to use Angels as an angel crosses all cultural and religious boundaries. An Angel can offer gentle guidance in order to nurture universally positive qualities such as kindness, patience, generosity, compassion, love and mindfulness of other peoples needs.

Our children still have this innocent wonder that can imagine the appearance of their Angels.

If you could meet and talk with an Angel what would they look like? What would they say? How would they behave?

I offer some simple suggestions as a frame with which you can work, I would encourage you to use your imagination and work with your own belief system to introduce some guidance for your children.

We could create an environment of security and happiness in which one can gain confidence in order to express themselves.

Take some time to discuss the visualisation concept with your child before you begin the first time. It will help them to understand that it is different to story time when there is interaction from both reader and child. This is different as you are seeking to encourage your child to be still and quiet. Some younger children may need some guidance on how to relax; what it is to relax. Explain in terms that they will understand.

It might be nice to ask your child to imagine the physical appearance of their guardian Angel. How they might look; hair style colour of eyes etc.

Once your child has settled into their bed try to encourage them to lie flat on their back with arms resting at the side. If they are not happy to lie like this then any comfortable position they like will be fine.

It is important to create a routine that your child recognises and looks forward to. Once they have been quiet for a short time you can begin the prelude. Make yourself comfortable and take a couple of calming breaths then speak in a calm way at a slow pace. Any tension or lack of enthusiasm will be picked up by your child so try to find the

peaceful space in your mind and enjoy giving this valuable gift to your child.

Your child may well fall asleep before you get halfway through the visualisation. Keep reading until you reach the end; the subconscious is still receptive, absorbing all you say.

The prelude is important; it will relax the body and begin to settle the mind. So use the prelude before each visualisation.

## Prelude

Find a comfortable position close your eyes and try to lie very still.

Say to your self in your mind, I am happy, I am calm.

I am happy, I am calm.

Bring your attention to your breath.  
Make your breaths long and slow.

When you breathe in imagine that you are inhaling sweet white light that fills your lungs.  
When you breathe out, relax and picture the white light moving through your body into your head, your arms and legs.

Picture each part of your body glowing with light as you bring your attention to those parts.  
Do not move, become aware of how you feel.

Feel your right hand,  
Feel the right arm,  
the right shoulder,  
the side,  
the hip,  
the leg,

the foot,  
Feel the whole right side, the whole right side.

Feel your left hand,  
the left arm,  
the left shoulder,  
the side,  
the hip,  
the leg,  
the foot,  
Feel the whole left side,  
the whole left side.

Feel your upper back,  
The lower back,  
right buttock,  
left buttock,  
your tummy.  
the right side of the chest,  
the left side of the chest,  
your neck,  
the back of the head,  
the top of the head,  
the forehead,  
left eye, right eye, in between the eyes,  
the nose,  
left cheek,  
right cheek,  
lips, teeth, tongue,  
throat, the whole face, the whole face

Feel  
your whole body, your whole body.

Allow your body to sink into your bed.

We are going to visit a place inside your mind that  
exists just beyond being awake, just before sleep. It  
is a safe place where only beauty, love and  
kindness can exist.  
You are happy, you are calm.

## The Magical Garden

See yourself walking on a soft green grassy path in your bare feet. In front of you is an aged red brick wall. At its centre is a large wooden door surrounded by flowers.

Hanging on the door is a sign, it reads, "Angels gather here, think kind thoughts to enter."

So take a minute to consider what you might think, what is the kindest thought that you could have.

As your thought arrives in your head, the door begins to open gradually, bright light shines out of the door in fine rays, casting a golden glow on your face.

A fragrant smell is in the air, sweet and fresh. Breathe it in deep then step through the doorway to the garden.

You are looking down an avenue of cherry trees in full blossom; puffs of pink petals soaking in the sun's warm gaze. Some of the blossom has fallen to the lush green grass around the base of the trees.

You step gently along the avenue taking in the wonder of the garden. Dazzling yellow daffodils point their trumpets toward the sun. Pure white snow drops, violet coloured crocuses and blush red tulips create a carpet of colour.

At the end of the avenue you arrive at a circle of grass surrounded by rose bushes. Bumble bees

drunk with bliss enjoy every bloom.

You sit on the grass and take long gentle breaths enjoying the smells and the calm feeling of this perfectly peaceful piece of paradise.

You sense soft movement close by, golden light rises in the garden, look down the avenue of cherry trees to see your guardian Angel walking toward you, all the flowers turn their faces toward her as she delicately steps your way.

Her face beams radiant light, she smiles then skips and rises about four feet above the ground giggling and floating toward you. She sweeps up into the air and glides gracefully, to your circle.

She comes to rest sitting face to face with you, her eyes twinkle with sparks of light when she smiles and giggles. Taking your hands in hers she begins to speak in a soft velvety tone.

“I am always here with you...today because of the good thoughts you have had, you can see me”

You have a feeling like you have known her all your life and of course you have, because she is always by your side, watching you grow, blowing kind wishes in your ear.

A feeling of deep love wells in your heart.

“This garden and this vision of me here now is the result of your kind thoughts; every time that you think sweet thoughts a seed is planted here in your mind, in this piece of paradise. When you are truly happy about having these kind thoughts it is like shining sunlight on them and they grow. The beauty in this garden is a reflection of your beautiful mind”

Your Angel explains.

“Keep making an effort to be kind and soon your world and the people in it will become more and more beautiful, it will become like heaven on earth”

You can't stop smiling, you feel so happy to be peeking into heaven.

You lie back now and rest your head into the lap of your Angel gazing up at her bright beautiful face. The golden light of her body surrounds you inside and out causing a gentle feeling of energy vibrating so lightly.

You are happy,  
You are filled with love,  
You are filled with peace in the safety of your  
Angels embrace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.  
Sleep well my Angel.

### The Beach

See your self walking on a long, broad beach  
edged with tall green palm trees. The beach has  
fine golden sand that glitters as you stroll along at  
the waters edge in the warm sun.

Waves rise in a steady rhythm from a flat turquoise  
sea. They swell high until they curl with frothy white  
tips which break into a foamy crash and slip and  
slide their way to the beach cooling your feet.

There is a soft breeze carrying the fresh smell of  
the ocean.

Sunlight is catching on the surface of the sea  
creating sparks of light like a blanket of diamonds.

The sky above is clear, blue and cloudless.  
Seagulls hover on the light breeze their calls ring  
out above the cushion, cushion of the waves.

Children play with their mums and dads laughing  
and squealing as they run in and out of the water  
being chased by the waves.

You are collecting pretty shells that glisten with glittery light. You place them gently into your bucket as you tread along the firm wet sand.

After a time you arrive at a point in the beach where a shallow stream breaks the sand, joining and merging into the sea.

The shells are the brightest in the clear water of the stream as the sun reveals their beauty. So you begin to collect them in the stream following its twists and turns inland stepping around large rocks as you tread carefully on.

The banks of the silvery stream grow higher the further you go, the sand blends into lush bright green grass. Scattered all around the grass are brightly coloured flowers glowing in the sunshine, red, orange, yellow and violet.

Further along trees grow tall into the blue sky their branches hanging low, shading the bank.

Sitting cross-legged under a tree is a lady wearing a flowing dress, her eyes are lightly closed and her face is radiant, she is smiling slightly, peacefully. There appears to be a violet glow around her whole body.

Butterflies are dancing around, some settle on her. You know in your heart that this is not an ordinary

lady there is something very special about her...she  
is an angel.

You climb onto the grassy bank amongst the  
flowers listening to the twittering of birds and the  
babbling of crystal clear water running over the  
stones. Sweet smells fill the air.

She opens her eyes to look at you sitting in front of  
her in the shade of the tree. A beam of sunlight is  
streaming through a gap in the branches lighting  
the spot where she sits and her smile grows wider  
her face brighter. She is really pleased to see you;  
her green eyes are sparkling with love.

You have many questions that rise in your mind  
about the things that an angel might be able to tell  
you.

As if by reading your mind your angel speaks to  
settle your thoughts. Her voice is soft like a whisper  
but very clear,

“All of your questions have answers, but today I  
have one thing to say, it very important.”

Looking deep into your eyes she leans forward.  
You can see every detail in her glowing face and  
smell a sweet perfume, she whispers,

“You must...Be kind...Be kind.”

The words ring in your mind with a soft vibration.

You feel happy, you feel calm.

You feel kind.

Lie back on the soft grass and relax.  
Relax, as you rest your head into the lap of your  
angel.  
Relax as you look into her bright, glowing face of  
beauty.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh  
and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are safe, you are protected, you are loved.

You are loved.

Sleep well my Angel.

## Rainbow Angel

Imagine you are lying on a soft white blanket in the middle of a green meadow.

The meadow grass sways gently in the warm breeze.

Yellow butterflies flutter around, visiting bright red flowers.

The sun's rays warm your skin as you lie looking up to the blue sky. Some small fluffy white clouds drift gently across the blue sky blown by the soft wind.

You notice, far off in the distant sky, four lights, quite small but very, very bright. As you keep your eyes fixed on these lights they are growing, becoming brighter and bigger, you become aware that these lights are different in colour.

One is a deep ruby red, another emerald green, one sapphire blue and another golden yellow.

As they come closer you realize that these lights have a shape, they are angels beautiful shining angels beaming love, their bodies are clear like jewels, emitting pure rays of light. Light that contains the essence of deep compassion, kindness and never ending love.

Their presence makes you feel safe, calm and incredibly peaceful.

You sit up as they hover in front of you a few inches

above the grass. Their faces are beautiful, smiling with bright eyes that reflect the colour of their being.

You feel like you have known them all of your life and then realize that they have always been there watching you, waiting for you to see them.

The light coming from them is most intense at the centre of their chest, the whitest white light. This light mingles into soft beams gently directed to your chest, a bridge of light from them to you filling you with a beautiful feeling of peace and happiness.

You smile at them and the light splits into the finest rays that are all the colours of the rainbow, filling you, changing your body into a clear rainbow.

The angel of golden light speaks in a gentle, velvety voice sending a ripple of bliss through you.

“Please try to be a generous person become good at giving. Look for ways to give; it might be giving some of your time to help someone. You could look for someone at school who looks lonely and offer them your friendship. Or you could give your time to help your mummy around the house.”

They all beam with the radiance of love, you can't stop smiling, and the feeling of happiness is in every inch of your body.

You are a Rainbow angel, a rainbow angel.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh  
and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are strong, you are kind, you are generous.  
You are loved.  
Sleep well my Angel.

### The Friendly Forest

It is a warm Sunday afternoon and you are walking  
bare foot in the friendly forest.

The forest is cool and shaded from the sun.  
You are following a Green path of mossy grass that  
meanders through tall fir trees and  
soft light green ferns.

Bumble bees tumble from purple foxgloves that  
stretch above the ferns, heavy with pollen.

Squirrels scamper up trees, birds sing their songs  
high up in the branches. There are many brightly

coloured butterflies fluttering in and out of beams of sunlight that peak through the trees.

Breathing in deep you soak up the fresh smell of the forest, earthy and clean.

The grass is soft underfoot, gently caressing your feet as you tread carefully, deeper into the friendly forest. Out in front you can see brilliant light amid the shade of the trees.

You arrive at a clearing, a meadow scattered with wild flowers every colour of the rainbow.

The grass comes up to your knees as you wade into the bright sunshine. Butterflies are dancing from one colourful flower to the next. A bright red poppy, fully open, attracts a large glittering green butterfly who comes to rest opening her beautiful wings to the sun.

You sit down close to the bright poppy to get a closer look at the butterfly, bringing your face near. Then you lay back and relax in a bed of comfortable green grass and soak in the deep blue of the radiant sky.

You feel ever so relaxed, very content in the protection of the friendly forest, surrounded by wise old trees.

You feel as if you are becoming one with the blue, blue, radiant sky.

In the corner of your eye you sense some movement coming from the trees. You look to see six balls of glowing light, each one a luminous

colour.

They are peacefully floating about six feet above the ground moving toward the clearing. You watch in wonder as they come closer to where you sit and gather around you, their light causing every thing in sight to glow with colour.

Slowly, softly they transform to reveal their pure form.

Before you and around you hover six Angels with diamond bodies that are lit from within.

The source of the light is a star-burst of streaming light coming from their hearts.

When they smile their eyes twinkle with rainbow light.

You are safe, you are loved, you are a very special child.

Altogether, their light expands into intense brightness which seems to be soaked up by the very ground on which you sit.

The light makes you feel peaceful, calm and relaxed.

You can understand what the Angels say to you without anyone speaking.

Gradually, smoothly the violet coloured one floats toward you. When she comes close she crosses her legs and floats down to sit by you.

Her eyes are bright pools, when she smiles a ripple of light spreads from her face reaching out to yours. As the light touches you a soft feeling of joy comes over you.

She hands you the flower, a perfect violet rose, the sweet perfume wafts to your nose.

Tenderly the Angel brushes your forehead with her hand and strokes your hair gently.

She whispers with perfect clarity,

”Learn to develop a calm mind, be patient and do your best to avoid anger.”

You lie back to relax into the grass but find that you are hovering a few inches above the grass surrounded by light, violet light glowing from your whole body.

The Angels circle around and the violet one smiles, you understand that she will return whenever you think of her. Gradually she leaves your side to join the others.

Around they circle, gracefully spiralling into the air, rising up higher and higher into the radiant blue sky.

You watch until they are out of sight. You are filled with wonder, feeling happy safe and calm filled with light.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh and well rested.

Allow your heart to be filled with love and happiness and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.  
Sleep well my Angel

### Lake land walk

See your self walking alongside a broad lake. To your right stand tall trees with interesting patterns of rough bark that twists along the thick trunk. There are no leaves only the potential for leaves in new buds that are beginning to sprout on the finer twigs.

The bank of the lake is steep, lining the shallow waters edge are bright green rushes. The blue sky and small fluffy clouds, reflect perfectly on a smooth surface broken only by the arrival of a majestic swan whose white feathers glow with the light of the afternoon sun in early springtime.

On you walk, taking in the beauty all around. You pass by a waterfall, a fine mist rises in the air and catches the sunlight creating the ark of a rainbow,

you stand a while listening to the steady cascade and thunder of the waterfall.

You cross a bridge and climb a path that rises gently up through the fir trees on the hillside. The path is broad and firm underfoot. Smaller trails branch off from either side heading to some unknown destination, but you climb steadily on following the twists and turns.

You reach the brow of the hill to see a wonderful garden with small undulating hills that roll like ocean waves broken by beds of shrubs, crimson heather and small trees with delicate leaves. Some magnolia trees with big bright white buds are waiting to open.

You wander along taking in the beauty and your breath is almost taken away as a vision of heavenly splendour unfolds at the top of a valley which falls gently away.

Two sides of the valley slope toward a gully, a few slender trees stand proud, scattered on either side.

A sea of yellow daffodils completely covers the surface of the valley for as far as the eye can see, their pert saffron trumpets rise elegantly from the deep green foliage and point toward a soft sun.

About halfway down the valley perched on the sloping meadow is a bench seat, it is shaded by two trees in full blossom one white one violet. A soft filtered light falls on the bench where a figure is sitting gazing over this perfect vision of nature. She

is almost see-through and glowing white, she is  
your Angel...

Walk carefully on a grassy path that leads to her,  
amongst the daffodils you feel almost as if in a  
dream your heart filled with love for your Angel who  
has been there all your life and seen only rarely.  
You sit down quietly next to her and she turns to  
face you, her radiant smiling face that is lit from  
within is so pleased that you can see her. It feels  
like you have arrived home after a long time away  
so you lay your head in the lap of your Angel and  
gaze up to her glowing face as her bright eyes  
twinkle and radiate love for you.

“My special child, take time to think of good things  
that you can do for other people. When you do  
those good things be happy be really happy that  
you are doing good things.”

A light breeze is blowing some loose blossom from  
the surrounding trees which float like snow flakes  
on and all around you. She strokes your hair and  
smoothes your forehead and your eyes gently  
close.

You are feeling safe, calm and happy as you sigh  
deeply and drift off into a peaceful sleep with your  
head in the lap of your angel.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.  
When you wake in the morning you will feel fresh  
and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.  
Sleep well my Angel

### Rainbow Bridge

At the edge of the forest is a broad silver river,  
catching the light of the sun reflecting rays of white  
light brightening everything in sight.

Hear the thunder of water tumbling over the weir to  
a pool below.

In front of you stands an ornate bridge with hand  
rails that look like gold glinting in the sunlight.

You stand before the bridge breathing in the fresh  
mountain air the sound of the water plunging into  
the pool below relaxes and energizes you.

You step onto the bridge and notice the colour  
begins to change and shift, you feel quite safe  
holding onto the gold rails.

Two white doves appear at either side just in front,  
hovering, glowing with vitality.

When you look down to where your feet stand the colours have become brighter. Your feet stand on a band of colour, ruby red which blends into orange into yellow, green, blue, indigo to violet.

The red light seems to be moving up your body from your feet steadily rising to your head energizing you. You feel the need to take another step forward into the orange and again the colour absorbs into your whole body. The doves are swooping around you, their colour transforms into each colour as they fly over the colours. They change through every colour of the rainbow.

The feeling each colour gives is slightly different to the previous and by the time you reach the violet your feet seem to be a few inches off the floor.

You breathe deep and rise a little higher, looking up to the blue radiant sky... you begin to fly. It feels quite natural to turn your head the slightest little bit to the left and you glide in that direction.

The doves lead and you follow soaring and swooping in the clean fresh mountain air.

The wind rushes past your ears then you notice some whistling sounds you look down to see your Guardian Angel whistling and clapping a steady rhythm the claps echo around the mountain.

Your Angel rises from the tree to join you in flight, you both laugh with joy as you speed up racing as fast as you can fly before turning sharply and shooting upward high into the blue sky.

You discover that if you hold your arms out level with your shoulders that you come to a halt. Your Angel arcs around and draws level with you eyes gleaming with wonder and love.

Arms out you hover static looking into each other eyes filled with bliss.

You take some time to look around at the sight below you must be about a mile high, you can see the curve of the earth.

The sun is beginning to drop behind the snowy peaks.

You stay there watching the sun move round to the other side of the planet turning the sky bright orange to red.

Your Angel is changing colour to, from her body at the heart outward; a deep green is growing lighter and lighter radiating around her whole body.

Holding hands you gently float toward the ground. The rainbow bridge is glowing with colour. The colours ebb and flow across the arc as you step onto the bridge. Your Angel puts her hands

together in prayer position bows and dissolves into  
light.

You walk quietly home a feeling of peace and  
happiness in your heart and your mind filled with  
possibilities.

Allow yourself to drift into a deep peaceful sleep.

Stay here, resting in this pure peace.

When you wake in the morning you will feel fresh  
and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.

Sleep well my Angel

## Journey to the Moon

See yourself lying on the grass in your garden on a warm summer evening. You are looking up to a changing sky watching the swallows swooping and turning.

The sky is magical, filled with vivid colour catching on light, feathery clouds

On one side the sky is a warm red blending into orange and yellow. About half way across it meets the light blue that becomes darker at its farthest point.

The first stars begin to appear in this darkest blue twinkling like faint fairy lights.

The air is still and warm with a smell of freshly cut grass.

Breathe in deep and slow calming your mind relaxing your body.

You can hear the twittering of birdsong echoing into the quiet evening.

The sun drops further still and the moon rises slowly in a coal black sky, galaxies of glittering stars sparkle like diamonds.

The moon appears like a stage spotlight shining on you, rays of fine white light reflect on your face. You feel peaceful and calm and a lightness inside.

One star stands out among the others it appears to be growing becoming brighter. It changes through all the colours of the rainbow as it grows.

Then the feeling begins. The feeling that always comes just before your angel appears, it begins to rise in your heart; a tingle that spreads from your chest to every part of your body. A feeling of one hundred hugs.

You are watching the star with complete focus as it grows closer. Soon the rainbow light is casting colours onto your face and the form of your Angel is floating a few feet above, smiling and sparkling as if covered from head to foot in glitter.

You sit up as your Angel floats to be sat in front of you hovering a few inches from the grass. The familiar perfume is all around and she stretches out her slender arms to take your hands in hers. Love floods into you and lightness grows as you begin to float inches away from the ground.

“Would you like to come on a journey?” she asks with a look of wonder in her eyes.

You nod your head with excitement. Then before you have time to think you are both rising higher, she smiles sending you a thought that arrives inside your head as clear as the spoken word,  
“Its ok I will keep you safe, flying comes naturally when you are with Angels.”

Up and up you travel watching the lights of the houses and roads becoming smaller and smaller. Higher still you can see the curve of the earth and a blue horizon. Although you are moving fast there is no wind rushing past, you are sheltered by a warm glow.

Soon you are in space travelling toward the Moon.

Gently softly with complete ease and control you arrive on the surface of the moon. The silver glow of the moon sends a feeling of cool, calm, peace to your mind.

Looking out to space you can see with clarity galaxies of stars and there in front of you like a shimmering blue jewel floating in space amongst the stars is our home planet Earth.

She speaks again, it is only then that you realize just how powerfully silent it is on the moon.

“Consider all the people living on your beautiful planet...millions... many poor countries, some people are sick and in pain, some are poor and hungry. There are children there who have no

parents to tuck them into bed at night, some who have only the cold hard ground of the street on which to sleep. When they wake they will not have a kind mother to bring them food, they will beg in order to survive in a lonely frightening world. They are waiting for someone to come and change all this for them.

We can send them our love, we can send them kind wishes on a beam of light created by kindness and love; the more you care the brighter the light grows. Think of something that would be nice for some of these people to receive and let it travel down to the planet on the light of our love.”

Feel the light grow in your chest and let it travel to all those in need. Send hope, send health and send loving people to take care of them. Your heart begins to glow with warmth. Silver white light builds and begins to burst out in the direction of planet earth touching every living being, filling them with peace, with calm and happy minds.

When you have finished sending this love, rest a while and feel happy at the goodness of your wishes.

After a time you take the hand of your Angel and together you rise and travel back down to home. You arrive quickly in your warm, comfortable bed, in your safe, happy house.

Sleep peacefully.

Stay here, resting in this pure peace.

When you want to, drift into a deep peaceful sleep.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

When you wake in the morning you will feel fresh  
and well rested,

You are calm, you are peaceful, you are loved.  
You are loved.

Sleep well my Angel

## The Lake.

See yourself relaxing on a bed of soft, white cushions in a small boat.

The boat is floating gently on a calm silver lake,

The surface of the lake is smooth and still.

So still, that everything surrounding the lake is reflected like a mirror.

Tall mountains with white, snow covered peaks reach up to a clear, bright, blue sky.

At the base of the mountains, the lake is edged by tall, green, sweet smelling pine trees.

It is a warm evening and the echo of birdsong is in the air.

As you gaze to the blue sky a feeling of inner stillness and peace fills your whole being.

The sky is beginning to change colour now as the sun sinks behind the mountains.

The warm glow of orange radiates across the sky. As you relax into your cushioned bed the colour transforms gently from orange to a soft ruby red.

The whole sky is now bathed in this warm red light, glowing and reflecting colour onto the surrounding mountains.

Slowly the red in the sky shrinks behind the mountains as the sun moves to the other side of the planet.

The sun drops further still and the sky becomes midnight blue as the stars begin to reveal themselves in a velvet sky.

The light of the stars reflects in the lake perfectly, it is as if you are suspended in space surrounded by bright, stars.

You are filled with peace and joy when you notice the stars are moving, growing brighter. Rays of fine white light pierce the darkness.

These are not ordinary stars, you are surrounded by Angels.

Each angel has a perfect body made of pure clear diamond, light streams from the centre of their chest. The light that emanates is produced by the love they have for you.

The angels come closer, you can see their smiling faces.

You feel calm, safe, secure and protected by the pure love that they radiate.

You feel a gentle vibration move softly as the light they send reaches your toes along your legs to your belly travelling through your chest up to your head. The feeling is beautiful, your whole body glows with vitality and good health.

When it reaches your head it begins again from your feet. Vibration of pure white light pulsing softly up your body from your toes to head.

The feeling of happiness and joy flow through you, the white light begins to split into all the colours of the rainbow changing colour as it moves inside and outside of your body.

You are filled with love and bliss as your whole body becomes like a rainbow light body.

This light energy will stay with you for always.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh  
and well rested.

Allow your heart to be filled with love and happiness  
and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.

Sleep well my Angel

## The colourful Oak

You are following a path, steadily climbing a round grassy hill surrounded by rolling country side. The blue sky is carrying dark grey clouds heavy with water waiting to rain.

The hill is not steep and you reach the top with ease. The green grass is soft underfoot and dotted with daisies and bright yellow buttercups.

You reach a wise old oak tree that has stood watching over the surrounding green fields for hundreds of years.

Standing beneath the outstretched branches you look out over the hills that roll like the soft swells of the ocean.

Downy white sheep are quietly grazing on the lush grass.

In the distance some rain clouds have burst, sprinkling a light spray of rain to water the fields, flowers and crops.

The sun is shining, causing a rainbow to appear, arching toward you.

Vivid colours arrive on the grass a few metres down the hill where the rainbows end touches earth. It is moving toward you as you take shelter under the oak. The colours glitter leaving a faint trace on the path it travels.

Soon it reaches the oak tree and completely transforms the colour of the tree. Everything is taking on the rainbows beautiful colours; leaves, the ground around the base of the tree and even you; you are standing in a magical moment inside the rainbow.

Everything has taken on the purest cleanest colour that the rainbow emits.

The atmosphere is sparkling, time feels like it has stood still, a sweet perfume is in the air. Inside you have a feeling of total contentment; you are happy, you are calm. In your mind there are no thoughts of future, no thoughts of past, just complete awareness of now.

It all feels so natural and right. You are smiling a huge happy smile and your body has the slightest tingle. You become aware of some gentle movement above. Looking up, you see your Angel, sitting on a low hanging branch, swinging her legs and giggling.

There is a brightness around her; an energy that can barely be seen but can be sensed by something deeper in you. She slips off the branch and floats to the ground beside you. You can see her clear bright eyes looking at you with admiration and unconditional love. You sense that this holy Angel loves you more than anything in the world.

At the centre of her chest is an intense green light shining like she has captured the light of all the stars inside her body and a small crack has appeared letting the light stream out. The quality of this light is powerful energy the most powerful; love.

As she reaches her hand out to take yours this love energy touches your hand and it becomes bright.

A light, delicate but exciting feeling vibrates from her to you travelling up your arm into your shoulders down into your body, into your legs and up into your head. You are glowing with changing colour.

You feel like you are one with your angel and the light of the rainbow. The colours move and shift gently around the tree.

She speaks in her heavenly tones,  
“It is so nice to see you so happy, when I see you happy like this I get the most beautiful feeling. It is all the result of your efforts at being kind and good, it comes back to you and grows and becomes something so special in your life.”

Your angel is looking deep into your eyes and holding your hands as she pauses. The silence is clear and when she speaks again her words are like music that makes your heart sing.

“Together we are working on creating a beautiful mind, there is nothing more precious in the world

than having a beautiful mind. We are planting beautiful seeds in the fertile soil of a mind prepared with the soft turning of loving ways. Be generous, be patient, be kind, be happy to do good things for people. Make some time in your day to be quiet and concentrate your mind. Understand that making effort to do these things will help in creating perfect happiness in your life and the life of those around you.”

You sit together on the grass and gaze out at the rain as pours down on the fields.  
You are warm, sheltered, peaceful and happy.

Surrounded by rainbow light, you lie down and close your eyes enjoying the sound of the falling rain.

Stay here, resting in this pure peace.

Allow yourself to drift into a deep peaceful sleep.

When you wake in the morning you will feel fresh and well rested.

Allow your heart to be filled with love and happiness and your mind to be filled with kind thoughts.

You are calm, you are peaceful, you are loved.  
You are loved.  
Sleep well my Angel.

