

## Meeting your Totem Visualization

We're going to go on a journey to meet your Totem. Find a comfortable position, staying in or by your place in the Wheel. Place your stone next to you, touching you, so you can feel its presence. Slowly relax into this moment. Take a deep breath and as you release it, feel the thoughts of the outside world drift away. Take a deep breath again—release and let go. Breathe... feel your feet relax, they carried you to this point in your life for a reason. Give them thanks and then, let them relax, let go. Feel your legs relax, your butt, your womb, your stomach. Let go, give them rest. Breathe in and as you let go, let your shoulders relax, your arms, your hands. Feel your chest sink into a relaxed state. Let your neck relax, it's carried the world, it's time to be at rest. Breathe, let go. Feel your cheek muscles relax, your chin, your eyes, your ears...feel your brain relax...breathe. Your body is totally relaxed.

Imagine yourself resting peacefully on a soft surface in a cave. Your cave is made of the gem stone of your totem. It is your place, the place you go to become whole. To find peace. To be at one with yourself. It is beautiful here. In your mind's eye, look around at the walls, aren't they beautiful? Stand up and go to touch a wall of your cave. Feel the energy pass through your hand, into your body. Absorb it's gift to you. Pick up a stone. As you hold it in your hand, you can feel a connection to its energy. It feels very grounding to you. Carry it with you.

Feeling whole and at peace, walk toward the entrance of your cave. Stop and look at the world before you. It is Spring time. Smell the sweet smells of bursting flowers, warm in the soft spring air. Feel the gentle swirl of air caress your skin. Walk forward into Spring.

See the trees with their new buds. The sky is a beautiful blue. The sun warms you. Bright green grass is under your feet. You hear the sweet song of birds conversing, they are so happy spring is finally here. It smells fresh, clean, sweet.

Not too far in the distance you notice a very large circle of wildflowers. It has a river flowing through it. Walk toward the circle. When you reach the circle feel the power radiating from it. This circle was formed for you by your Totem. You and your stone step over the wildflowers, into your circle. You feel at once a sense of love and safety. You can also sense the presence of another being. You look around. You can see your Totem. It has been waiting for you. It has been wanting to share its' knowledge with you. Right now it's playing, showing you the joy of its being. Sit back and watch your Totem play.

Now your Totem slows down, moves toward you and stops. It invites you to share its "self" with you. Set down the stone you have been carrying. You walk toward your Totem. As you count 3-2-1, you meld into your Totem. You are your Totem. Go play in the Spring time. Experience the elements of your Totem's environment, eating, caring for it's young, how it protects itself, what it is to be in this body. Explore the gift of this world.

From far away, you feel the pulse of your stone calling you. It's time to return. Make your way back to your stone. You see it there, nestled in the grass. As you count 3-2-1, leave your Totem's body and go pick up your stone. Turn and thank your Totem for all you've learned from this sharing of experience. ...Watch as your Totem moves back into it's world. Walk to the edge of the circle. Step over it. The circle fills with wildflowers as you leave it.

Find a good place to lie or sit down, set your stone somewhere beside you so you can feel its presence. Breathe deeply, as you breathe, come back to this circle with your sisters. When you are ready, sit up. In the back of the booklet you've received, write what you will about your experience.