

## **facial meditation**

Take this moment to relax completely. Take a deep breath; hold it for a moment and now slowly exhale. Let's do that one more time. Take a deep breath fold it and now let it go. Continue to breathe deeply. Use your breath to receive the deep nurturing feel of hands on your face of someone who loves you.

Keep breathing. With each inhalation and with each exhalation absorb the love of the Goddess. She is touching you now thru the hands of your sister. Feel the love. Feel Her love. Feel the healing. Ask her to absorb all your cares and worries and anxieties. Goddess, take from me all my cares and worries. ....She will take them from you if you will ask and relax, using your breath to let all your cares and worries and anxieties disappear.

Ask now that her hands heal all your hurts and wounds and imbalances in your body. Goddess, heal my hurt, heal my pain, mental, emotional or physical. Heal me. I relax deeply and receive your love and allow you to heal me completely. Take a deep breath and slowly exhale...

Ask now that the Goddess fulfills all your dreams. What are the dreams you wish to manifest now? Take this moment to think about them and imagine them fulfilled. Goddess I ask you now to help me fulfill these dreams. Give them to her and she will hold them and return them to you fulfilled beyond your wildest dreams....