**Star Kiss Meditation for spiritual blocks**

**We are going to walk to a beautiful spot out in nature. The weather is gorgeous on this late afternoon. You take a minute to ready yourself for the walk.**

**The warm air surrounds you with relaxation. You shut your eyes and turn your face to the sun now low in the sky, but still warm, and feel such a great comfort that it causes you to take a deep breath. Your shoulders relax down away from your ears. You feel the relaxation move down through your stomach, into your hips, down your legs and into your feet. You feel the ground solid below your feet.**

**When you open your eyes again you notice the thin wisps of white clouds across the darkening blue sky. You slowly begin to walk through a beautiful meadow. You follow a trail that takes you by a small pond with dragon flies hovering above it. You can hear some melodious song birds sweetly singing in the distance and frogs croaking below you. The daisies are blooming and cover the meadow with their soft white heads gently blowing in the breeze. The smell of the flowers and surrounding pine trees make you smile.**

**You come to a sheltered area between two hills with an amazing view of the sunset over to the distant low mountains. You find a thick soft blanket has been laid out for you. You sit down and then lie back on your elbows and feel the awe as you watch the sky turn pink and orange with the setting of the sun.**

**Now you are ready to lie all the way back on the blanket. As you smooth the blanket around you, you realize that you are not sitting on top of the ground but rather in a nest like depression dug down into the earth.**

**You know that you will be safe here even into the night. There's nothing you need to do and no place you need to go and nothing to fear. You relax into this space and feel every part of your body supported by the earth below you. Your head, your back, your hips, your legs are all cradled by the earth. You let go of any tension you are still feeling anywhere in your body. You completely release yourself to the security of the earth below and around you. You let yourself absorb the pleasure of this moment.**

**As you lie in total comfort some old beliefs that get in your way start to come to the surface. Stay in a relaxed and just be aware of what comes forward. If many things come to your awareness, just focus on one.**

**When you open your eyes you see the stars have come out. Billions of beautiful stars.**

**Here is a ritual you can do to transform your belief. Listen to the simple instructions and then do the ritual in your own time. First you gaze at the stars and look for your healing star. There is a star just for you out there in the heavens. You must find it and send this belief to that star. The star will kiss it and send back a gift. Take a few minutes to do this ritual now.**

**When you feel finished with the ritual, relax back down into that thick soft blanket nestled in mother earth, feel her support on your body, her love for your being. Thank her for holding you in this meditation and remember that she is holding you always. Take some deep breaths and again feel the warm comfort of**

**this present moment gathered here with women who love you. Wiggle your toes and fingers let the energy come back into your legs and arms. Take your time. When you open eyes to this Beltane Gathering take a moment to write a wish on the little purple paper that has been given to you. Write the wish that you would make if you were jumping over the Beltane fire.**

**When you feel finished, relax back down into that thick soft blanket nestled in mother earth, feel her support on your body, her love for your being. Thank her for holding you in this meditation and remember that she is holding you always. Take some deep breaths and again feel the cool breeze and the warmth of the sun filtering through the tree branches. Wiggle your toes and fingers let the energy come back into your legs and arms. Take your time. Open your eyes when you are ready.**