Autumn Equinox 2016-Visualization by Jen

Close your eyes, and settle into your chair. Take a deep breath in, and out… Breathe in and out… again…releasing anything you are carrying from the day.

PAUSE

You are walking along a meandering path through the woods. On one side, the trees of the forest reach out with tender branches, brushing their leaves against your skin, as you pass. On the other side, a steep hillside rises up from the forest floor. It is dusk; the time between day and night is upon you.

Up ahead, you can just make out the dark opening of a cave, in the side of the hill. You hesitate at the entrance, but are drawn in by a gently glowing light. You slowly enter.

The cave is softly cool, like an autumn evening. As you move in deeper, you see images and words on the cave walls – (representations of?) pictures of places, people, events you have dreamed about. You are in your Dream Cave!

You walk a little further in and notice a table with a flickering candle, next to a large, comfortable chair. You sit down, sinking into the soft cushions. You breathe deeply, allowing your body to fully…let…go.

As you take one more deep breath, you begin to observe the images on the walls. Some of these images are recent, and they (represent things) show things you have been working on - relationships…projects…creations…self-healing; whatever you have been nurturing, and are seeing come to fruition.

PAUSE

You stay here a moment longer, harvesting images and words. What have you brought forth and fallen in love with? What are you still working on that will nourish you as you move into the dark? Gather these images and words, and (Slip them in your pocket?) bring them with you.

PAUSE

(Note to Debby and LeeAnn - I think I need more here, but what?)

When you are ready to leave your Dream Cave, rise up out of the cushioned chair…walk back out to the entrance of the cave…and slowly open your eyes to join your sisters.