**Samhain 2016 Visualization & Activity: (Going through the veil to speak with someone on the other side.)**

**Visualization preface:** “Speaking to a Veiled One” (We paired up with the person sitting next to us. Our partner put on their veil as we spoke to them.)

“We are about to have the opportunity to speak to someone who has passed. You may choose to speak to someone that you have personally lost. Or you might choose an ancestor that you heard stories of, but never knew. You might choose a figure from history-someone who lived in another time, or a hero or villain that you somehow connect with. You may ask for future guidance from them, if you so desire. This is your chance to say something that was left unsaid in their lifetime.

Our intention is that you speak to someone who is beyond the veil, and have a chance to express your fears, or your loss, or your regrets, your love, or your question. Our hope is that, in their Silence, you will find the comfort or the answer or the connection that you seek.

After the visualization, your partner will veil herself. You may speak out loud, or speak in silence. She will silently be the veiled one for you. I will ring a bell, and prompt you to let you know when to begin. When I ring the bell again, we will sit in a minute of silence, so that you can hear the echo of what has been said. When I ring again, you will know to switch roles. Again, the next ring will be followed by a minute of silence. In that minute of silence may the spirits fill your heart with peace.”

**Visualization:** Now, close your eyes-become comfortably situated. We are about to embark on a journey. A journey to ready ourselves to enter a space where spirit can touch our lives.

Let yourself slowly open…You simply open your body and yourself to an opportunity to experience that which will come…

At this time, you find yourself sitting in a beautiful outdoor covered area…soothing raindrops serenade your peaceful moments as you breathe deeply and fully…/ You notice the complex smell of the saturated earth and the wet leaves…/ Everything is so, so vibrantly green…/ Leaves seem to dance for you with each raindrop that falls upon them.

As you rest and soak in the magic of these moments, your body feels lighter and yet more grounded in a safe and confident way.

Now you see in the distance a movement that you cannot explain. You are fully aware of your sensation of being both safe and curious. You are drawn to search out and connect with what created this movement. This is unknown, yet somehow familiar too.

You sit a while longer, saturated in what begins to be an even stronger, engulfing, calming warmth that covers and touches your entire body…/ You are being called to a warm nurturing presence.

You look about the wooded area ahead of you, lush with trees and gorgeous ferns…/ and you feel like you are being compelled to make your way down a path that appears off to your right. This path seems to head toward where you had seen the movement.

You first check in with yourself- asking yourself if it is safe to go into the distance to find something unknown. You scan your mind, body and heart for a signal so that you may proceed. / Your contentment in the decision comes. You wait, and enjoy this knowing for a time.

Soon, you stand and take steps, feeling a transformation as you make your way on the path. With each step you become more accepting of the truth of the expansive power within you.

Your awareness is stronger, that you are part of all of creation and that you have access to the power of all of creation. Oneness…You then become aware that you have crossed a boundary between worlds to a place where you can be seen by another fully.

You see a bench and simply rest in this place waiting for the next signal of what to do. When you hear the chime you will stay in this state, ready to receive information to continue.

(When the chime rings, the first of the partners turns to speak to their veiled one.) (Chime to end activity.)