**Visualization for Summer Solstice – 2016 Meeting Your Shadow**

Rest comfortably. Feel your body let go of its structure. Sink deep, deep into the curves of your skin and muscles. Take slow, deep breaths. Breathe in slowly to the count of ten, pause and then release your breath, breathe again, pause and release. Feel and sense your body. Now travel through your body locating any tightness. When you do, tighten that muscle as hard as you can for a few seconds and release it. You might tighten your whole body and then release. Continue to breathe deeply and slowly into the lowest reaches of your lungs, slow and even breaths.

You are out walking and can feel the sun upon your body. There is a cool breeze that allows for the perfect temperature. There is a tree ahead of you and a meadow at the base of the tree. Green grasses and wildflowers abloom everywhere. You lie down and feel the ground beneath you; cool yet yielding so every muscle in your body loosens and relaxes.

You fall into a deep sleep and shortly awaken refreshed. You get up and stretch. In front of you is someone walking toward you. It feels like a benevolent being. It isn't clear how old the person is but it is a male human. He approaches you and you can feel his energy emanating off of his body, warm and full of life. There is boldness to his step and he beckons you to follow him down the path through the forest. You follow him curious and trusting.

As you get deeper into the forest, it getting darker and feel apprehension rising within you. The shadows seem to be getting darker and a bit scary. You take deep breaths and focus on the back of the male leading you on the pathway. You continue walking and the tension is growing within you. You turn to your right and see the thing you were afraid of being there. You continue to breathe. You stand in place and breathe.

What is it that you are afraid of? Is it so scary that you are unable to stand your ground? What does the universe give to you to allow you to stay and face this scary thing?

Breathe and ask the universe for the tools you need to feel safe. What are some words that you can say to yourself to help you stay and stand grounded?

You feel the touch of your male companion on your arm. His hand is channeling his energy into you. You breathe and feel his courageous energy filling you up. A powerful energy is flowing from him into you. Breathe and allow it to move into your arms and legs, torso and head. In your mind, you can hear him sending your messages of empowerment.

Your companion steadies you and leads you back to the light of the meadow. You sit and talk with him. Ask him about courage. Ask him about where he draws his power from. Ask him about how you can call him back when you need him to help you when you are afraid. It is time to him to go. Say whatever you need to say to him as he takes his leave and heads back down the path.