



My Inner Garden

Close your eyes and open your heart. Feel the love that awaits you here. Let it embrace you and relax. Breathe deeply in and out, so you no longer feel any tension in your body. Deep in and out. It feels so good.

Imagine you are standing in a garden. The early morning sun warms your face. On the grasses morning dew sparkles. You are barefoot and under your feet you feel the grass ... In the light wind beautiful flowers in the most glorious colours sway. From them a mild, sweet scent streams to you, which makes you smile. Bees hum, birds chirp. The sun that shines through the leaves of the trees paints mysterious patterns on the earth.

A small stream flows near you, quietly whispering watering your garden. You are happy and enjoy the beauty of nature ...

Your gaze falls on a beautiful rose that you especially love and you notice how tired it looks. The ground on which it stands is covered with weeds and it looks as if it is about to suffocate. You go to it and carefully remove the weeds, leaf by leaf, root by root. You take water from the brook to refresh the rose. Carefully you go from plant to plant and remove the weeds so that your garden can continue to bloom in full beauty.

It occurs to you that this garden is an example of your life: for beautiful things to grow in it, they need light and sun, water and nutrients in the form of loving thoughts, deeds and people. The weeds of fear, judgement and limitations must be plucked regularly so that your flowers of life bloom abundantly ...

What weeds in your life should be ripped out? And which flowers should be watered with love to grow and prosper and make you happy? Listen carefully to what your inner voice tells you. From now on, go regularly to your inner garden to nurture and enjoy its beauty.

When you are ready, slowly come back to the present. Take a deep breath, stretch, move your body and open your eyes.



Wish Fulfillment

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Imagine you enter a large, light-flooded room. In front of you the wing doors to the terrace are wide open and you see a beautiful landscape with meadows and flowers, trees and a small road that seems to lead to infinity. On the ceiling there are window hatches which are also wide open.

From them, light streams onto a large white screen standing on an easel in the middle of the room. On a table next to it there are beautiful colours in all shades and materials that you could never have imagined existed.

As you approach the table there is a piece of paper with your name on it and it says: "Draw your life's dream! It belongs to you. Anything is possible". YOUR lifelong dream! ... - Excitement and anticipation pulsate in your veins. What have you always wished for in your life? Who are you in it? What are you doing? Which people surround you and where will you live? How does it feel?

As if by itself, your hand reaches for the first colour. Which one is it? Does it make your picture bright and surprisingly colourful or is it rather quiet and subtle? Which materials come into your hand? How does your picture of your life come into being? Do you feel that you already know what to do or are you surprised? ...As if by magic, the size of the canvas adapts to your life's dream. Paint as big and as wide and with as many details as you wish. What do you wish for?

Now finish your last works. Take a close look at everything again and enjoy every detail. You will immediately paint your life's dream again in your notebook or describe it in words. Feel how close you have already come and how good you feel. What will be your next step to let it become reality?

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Conversation With My Body

Close your eyes and open your heart. Feel the love that awaits you here. Let it embrace you and relax. Breathe deeply in and out, so you no longer feel any tension in your body. Deep in and out.
It feels so good.

Imagine that a golden light shines in the middle of your heart, spreads out and flows from there into your body ... simultaneously into your head and over your shoulders and into your arms ... then over your chest and back into your stomach and into your seat ... and further over the pelvis into your legs ... down to your toes. Your body is now completely filled with the golden light and you feel as if you were floating.

Ask your body if it wants to tell you something. How is it? ... Would a certain kind of food do it good? ... Are the foods you now eat good for it? What would you like more or less of? ...

Does your body want to move in a certain way? Does it love to dance, run, rotate, roll or stretch on the floor? ...

Is something missing, for example, sleep or rest? ...

Does your body have any pain? Where? How does it feel to you? Does it have a message for you? ... Allow all the emotions and inner images that your body sends you. Trust the wisdom of your body.

Now put your arms around yourself as if an embrace. Tell your body how much you love it and how grateful you are to it. Through it you can have all the experiences in this world that you long for ... Tell it how much you enjoy seeing, hearing, smelling, tasting and feeling through it. Thank it for giving your soul a home. ... Enjoy the contact with your body for a while and decide from now on to get involved with it regularly - quite consciously.

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Heart Meditation

Close your eyes and open your heart. Feel the love that awaits you here. Let it embrace you and relax. Breathe deeply in and out, so you no longer feel any tension in your body. Deep in and out. It feels so good.

Imagine a small cloud of milky white vibrating light floating above your head. From it a light and sparkling energy flows over your crown into your head ... the chest ... the arms ... into your stomach and into your seat ... from there into your legs ... down to your toes ... Breathe slowly and calmly and feel how every tension is simply washed out of your body. You feel comfortable. Your belly rises gently in the rhythm of your breath.

Now focus your attention on your heart and smile at it. Do you feel how it beats only for you? Enjoy its loving welcome ...

Does it want to tell you something? Listen to it ... Accept every feeling and let your heart embrace it. If you want to cry, just do that ... Everything is allowed. Feel your heart overflowing with love and flowing through your whole body. Warm and alive fills it every single cell.

You feel safe, secure and unconditionally accepted. ...

Suddenly you understand: As you are, you will be loved ... As you are, you may be ... and as you are, you are perfect ...

A wave of gratitude floods you as you feel that: All the love you long for is already within you. You do not have to seek it, just give up all the barriers you have erected against it ... your heart is connected to the source of all being. The love never dries up and gives you everything you need ... Put your hands on your heart as if you want to embrace it. Feel how it strikes you and immerse yourself in its loving energy ...

When you're ready, slowly come back to the present. Take a deep breath, stretch, move your body and open your eyes.