

# Visualisation to Meet your Guardian Angel

## by Susan Ann Palmer

- Set the scene: somewhere quite and peaceful where you won't be disturbed. Light a candle and play soft relaxing music. Perhaps be outside in nature.
- Focus on your breathing for a few minutes, relaxing your body. Visualise small golden roots going from your feet into the earth, grounding you.
- Ask that the whole of your being, physical and aura be filled with golden angelic light.
- Imagine yourself entering your perfect garden; see the flowers, birds, insects, animals, grass, shrubs, trees and water features.
- Walk through the garden until you find a comfortable place to sit: a stone bench, a pagoda or a wooden seat –whatever is right for you.
- In your mind call forth your Guardian angel and become aware of a magnificent golden being of light standing before you. You may sense colours or a fragrance or a gentle touch of a wing across your face.
- Your Guardian Angel smiles and greets you warmly. You are old friends. He /she tells you that they always love you and nothing you do will stop them from loving you.
- Invite your Guardian angel to sit by your side.
- Have a conversation with your Guardian Angel. Ask their name if it is unknown to you. Ask for advice or guidance for a particular situation. Or they may give you information or a message.
- Spend a few minutes conversing with your Guardian angel. When it is time to finish, your Guardian Angel may have gift for you, to be placed somewhere in your being on an energetic level, to help you with your future work.
- Give thanks to your Guardian Angel and allow them to move away from you a little, until the next time, when you are ready to work with them closely once more.
- Walk back through your garden, returning to where you started.
- Increase your breathing and become aware of your physical body, back in the room where you began. Visualise your golden roots grounding you into the earth.
- Spend a few minutes to ensure you are completely back in the physical world. Drink some water and perhaps record your experiences in your journal.