

Self-Guided Garden Meditation

I recommend using this meditation any time you want to get a message from your intuition or your spirit guides.

It's a great way to practice connecting to your intuition and you can ask for intuitive guidance in specific ways through this exercise.

If you want to practice clairvoyance, for instance, you can ask for your message to be delivered visually. Or if you want to develop clairaudience, you can ask for your message to be delivered through sound.

Garden Meditation:

Take a few deep breaths and relax. Allow yourself to go loose. When you feel completely relaxed and at ease, imagine a celestial staircase in front of you. See and feel as much detail as you can. Go up the staircase slowly and deliberately. Be present with the sensory detail that is there. What shoes are you wearing? How do the stairs feel under your feet? Is there a banister? Each step brings you to a higher vibration and you feel more love, peace, joy and acceptance as you walk up the stairs. You will feel great love as you reach the top of the stairs. You see a door in front of you at the top of the stairs. You open it and walk down a hallway. There will be another door or archway as you reach the end of the hallway, and this is your garden. This is your sanctuary. You can change or keep any detail you want to within this garden. Take some time to walk around the garden, and absorb its beauty and serenity. You may see your spirit guides or angels in the garden. If you wish, you can ask them a question or for your daily message. Once you have gotten your message, or you feel you have spent enough time in the garden, exit the garden the same way you came. Go down the hallway, through the door, and down the stairs slowly. Allow yourself to feel more grounded with each step and more in your body. Once you are at the bottom of the stairs, take a few breaths.