

Healing Attunement

The Magic Wood - a visualisation for healing ourselves

Close your eyes. Imagine you are standing at the edge of a wood. A bird calls from deep amongst the trees. Its notes feel like an invitation to enter. You walk along the grassy path into the wood, seeing and feeling the strength of the tall trees. You look up and see the green canopy of leaves with the sun pouring through. You have come to a clearing deep in the wood and lie down on the warm grass. The only sounds are of the birds singing, hidden among the branches, and the rustle of leaves in the gentle breeze. There is silence underneath the sounds.

You feel enveloped in the colours of the sunlit leaves, spring green and sunlit gold. You are breathing slowly and deeply, breathing in these colours, this light. On every outbreath you just give yourself into this healing colour. On every in-breath your heart feels it can open, you open to the healing light and absorb it into your heart.

From your quiet heart you can direct these sunlit healing colours to any part of your body where there is pain, or to your feelings if they have been hurt. Your breath comes and goes and you rest in this place of healing...you know the healing angels have drawn close and you can ask them to help any person or animal who is in need.

At last, you get up and follow the grassy path back through the wood again and amongst its tall trees. As you come to the edge of the wood you hear again the bird's call. It seems to say 'Remember, remember the place of healing deep in the wood'. Open your eyes when you are ready.

