

# Green Mist Journeys

A selection of  
guided meditations

December 2001

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**Legend:**

The “§” symbol in the scripts indicate a pause to allow time for reflection.

**About the Awakening Tribe**

The Awakening Tribe is a non-profit organization focused on teaching individuals how to get the most from their lives. We work with and practice teachings shared with us by Peter and other energy personality essences not focused in physical reality. This site provides information about the Tribe and Peter's teachings.

This booklet is a group effort of the Awakening Tribe. Thanks to Kackie, James, Jan, Kay and Donna.

# Introduction to the Green Mist Journeys

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The Green Mist Journeys are guided meditations for relaxation and personal exploration. The journeys came from sessions with Peter and the 12 Many Friends who use the Green Mist Journeys as teaching tools. Peter is a delightful teacher, an “energy personality essence not focused in physical reality.” You can read about Peter and the 12 Many Friends below.

The journeys are beautiful and complete within themselves, and can be used as relaxation meditations. But they also serve as tools for exploring deeper parts of ourselves and perhaps bringing those parts into more of our daily awareness. They also help awaken the mind to sensory experiences optimizing the benefits of relaxation.

The ‘green mist’ itself serves as a powerful relaxing and healing process for the body. And Sanctuary, the starting place of the journeys, is a place of deep safety and stillness for the mind. By integrating these two modalities—green mist for body, sanctuary for

mind—it helps to balance and harmonize the way body and mind relate. The journeys then begin from that balanced point of relating.

## **How to use the journeys**

The five journeys included here can be read as a story, or you can record them and listen to them as guided meditations.

If you’re interested in using the journeys as a self-discovery tool, it is useful to listen to them more than once. Each journey may feel different each time you do it, or it may unfold differently. Or, you may remember something new, or have a different understanding of it each time you experience it. These journeys are not so much about the words that are being said, but what you experience and encounter as you do them.

There is not a right or wrong way to do the journeys. However you experience them, each time, is

*Continued on next page*

## **Peter and the 12 Many Friends**

Peter first presented himself to Kay and Jan Shinol in the fall of 1971. At that time, Kay’s husband, Jan, had been discussing the channeling phenomenon with a friend who was a hypnotist. This friend invited Jan to meet with another friend who was an active channel. Jan became very interested in the possibilities inherent in this phenomenon and asked the entity being channeled who else could do this.

When Jan was told “yourself,” he was quite surprised and intrigued. After reading “The Seth Material” and other related literature, Kay and Jan started playing with the Ouija board. It soon became obvious that Kay had remarkable ability in opening to inner dialogue. Soon after that, Peter made his presence known and Kay began speaking for Peter verbally, without using the Ouija board. Jan and Kay, along with different friends, have been studying with Peter for over 30 years. They still consider him to be the “ultimate” college professor.

The 12 Many Friends are a group that Kay also speaks for. The 12 Many Friends are more metaphorical than Peter in their teachings and use the Native American culture as a framework. The 12 Many Friends are also more experiential in the teachings and usually have exercises to do at the group sessions. The spokesperson for the group is Many Tongues and each one of the twelve has a different “feel” to them.

To learn more about Peter and the 12 Many Friends, please visit the website [www.awakeningtribe.org](http://www.awakeningtribe.org).

## **Introduction** *(continued)*

exactly right. There is no need for evaluation as it takes some time to process and integrate the journeys. Play with the journeys and notice how it is different each time you return to them. Relinquish mental thinking and allow your deeper creative aspects to work freely.

### **Adding the next level to the journeys**

After you have some familiarity with the journeys, you may add different elements to them to experience them in new and different ways. For example, you may want to have music in the background in addition to the recording of the journey.

Another way to play with the journeys is through movement. As you listen to a journey allow your body to sway, walk or move in response. Follow the wisdom of your body and move in ways it desires.

You may also add your own sound to the journeys using your voice as a way to further express your experience.

The journeys are unlimited in how you wish to use them. Make them your own.

### **Begin with Sanctuary**

Creating Sanctuary is the first script in this series. By first creating Sanctuary you create a safe mind-space from which the other journeys continue. So it is recommended that you first experience 'Creating Sanctuary' and then proceed to experience the other journeys.

### **The Green Mist**

Green and blue are two of the most common colors around us. In some schools of thought green is also the color of healing. Since blue is oftentimes associated with water and that is fearful to some people, green is used as the relaxing mist in these journeys. Green is also the color of living things and there is an association with vitality and aliveness.

Remember as you do the journeys:

- You can't do it wrong.
- Do the journeys with no expectations and a sense of luxury like you're going on a mini-vacation.
- Don't limit yourself to doing the journeys one way. Do them several times knowing they will be different each time.

If you have any comments or feedback about the journey we are always excited to hear what you have to say. You can e-mail us at [info@awakeningtribe.org](mailto:info@awakeningtribe.org).

## Creating Sanctuary

Sanctuary is a part of mind's relaxing, body's relaxing, world relaxing, energies relaxing, all of that occurring. So, remove any constrictive clothing if you have any around your throat or around your waist. If you have tight shoes on or constricting footwear, loosen or remove them.

It is the desire that the body be relaxed and comfortable and not cut off circulation to one part or another. In the course of the journey it may be that you may want to shift positions, and that is fine. It is not about becoming rigid and steadfast, but rather it is a beginning point for relaxing the form.

So beginning always with breathing, and taking some deep breaths, and allowing your breath to relax you as you begin. And lower your eyes so that they are comfortably closed and lying or sitting, even standing if you wish—comfortably.

Imagine that in the center of this space, a tiny dot of green mist is slowly beginning to form and as you watch, it begins to grow until it is the size of a tennis ball, and next a beach ball. And as it begins to expand, the green mist flows beautifully, circling round and round. And as you watch the shimmering green mist expand you notice that it touches the bottoms of your feet. And as it touches the bottoms of your feet, your feet begin to relax. The warmth of the green mist, the comfort begins to cover your feet. The toes and the tops of your feet and your ankles all relax. Any pain that has been in your ankles and feet, disappear. Any long trips and journeying you have done—walking with your feet, running with your feet—now is the time to relax.

The green mist surrounds your feet and begins to move slowly up your leg. The calves of your legs and your shins, are covered now in the green mist, and they relax. Into your knees flows the green mist, circling round and round. Relaxing, relaxing. All tension now is gone. Into your upper legs comes the green mist. Circling round ever higher, ever more, ever expanding until it comes into the area of your hips. And your whole bottom half is relaxed. Your legs and feet are relaxed. Even if you move them you can let them flop, they are relaxed. They will find their position.

And the green mist begins to surround your torso. And you can feel, as it ever so gently goes up your back, vertebrae by vertebrae—touches and relaxes— all tension now is gone from your lower back and it relaxes. Up your back, up your torso the green mist travels. Relaxing, relaxing, relaxing until it reaches the area of your shoulders, and they relax. All tension is gone.

The green mist surrounds each of your arms. First the upper arms, the elbows. Swirling, swirling. The wrist, the fingers surrounded in the green mist, and relaxed. Traveling on, the green mist surrounds your neck and your neck relaxes.

The green mist moves into your jaw, around the back of your head. Your mouth relaxes. The area around your eyes relaxes. All tension is gone from your forehead. The top of your head, around your ears, all tension is gone and you are relaxed.

Now as you breathe deeply the green mist enters and begins to fill up your nasal passageways. The cavities, the sinus cavities, and your head begin to fill with the wonderful relaxing green mist. Even if there was stuffiness now there is open, clear breathing. Down into your lungs the green mist moves, spreading all inside your form, passing through all the systems, traveling along the bloodstream, moving into the bones, to the very, very tips of your toes, the very top of your head. Inside, each cell of your body is being bathed and relaxed by the green mist.

The form, the body, now is very comfortable and relaxed.

And taking a couple of deep breaths, allowing the mind now to become focused on its mission. Mind is going to create sanctuary. Sanctuary is a place of comfort, relaxation. There is no tension. There is no distress. Mind now is on an imaginary journey—a journey that takes it to many places. Mind now has a sense of moving as if it is moving.

And if you want to, you can imagine that mind is finding itself by a great ocean. You can feel the soft warmth of the sand under your feet as you move along the beach listening to the waves as they pound on the shore. The warmth of the sun, the sound of the gulls not far away. Perhaps the laughter of people, children giggling making sand castles. As you move closer to the shoreline, you can perhaps feel the moisture in the sand.

Or perhaps mind finds itself in a beautiful mountain village. And in this beautiful mountain village all around are high snow-capped peaks. And mind may find itself with great backpacks and warm clothing, smelling the fresh coolness of the air, feeling the warmth of the high sun, moving along a trail, reaching above the tree line even. Noticing some beautiful brown bears off in the distance, wondering what they are having for their lunch.

And taking some deep breaths, mind now may find itself in a more tropical setting, with ferns and beautifully colored birds singing, making strange sounds, wondering how could so many colors be on so few feathers, all at the same time. And mind is with the birds, as if sitting in a row on a beautiful banana tree limb, and picking a wonderful banana, and feeling the softness and yet firmness of it simultaneously. And peeling the beautiful banana, and tasting, savoring the richness. Filling all the senses, this marvelous banana. Filling up.

And noticing just off in the distance a honeycomb and hearing the bees inviting, inviting, inviting a visit. And walking over the softness of the ferns that have fallen on the floor, on the ground. And moving over to this wonderful hive and noticing how all the bees move back away. Reaching up and scooping a hand inside and allowing the honey—the richness of the honey—to drizzle through your fingers. And placing a drop or two on your tongue. Ah, the richness. The sweetness of the honey. And noticing just ahead a beautiful spring with water. And going over and dipping your hands in as if all the honey stickiness disappears. You can feel the coolness of the water going through your fingers as your hands scoop the water up. And tasting this water. It truly is the manna spoken of so heavenly.

And allowing your mind now to step back a few paces and realize that all of these energies are like a panoramic view. Mind can experience and be in all of them, or none of them. And realizing that sanctuary is a feeling mind has—or conjures—from experience. And allowing mind now to listen to the sounds of the word as it reverberates inside mind's self.

Sanctuary. Sanctuary. Sanctuary.

And allowing mind to open now and begin to identify where you are and what you are experiencing. Notice the vistas. What is it you see from your point of view? What is the texture under your feet? Or if you're lying down, under your whole body? What other sounds are you feeling? Let all of these fill your soul with the word sanctuary.

Notice the smells. What are the smells as you breathe deeply this word, sanctuary? And the tastes. What are the tastes that fill your mind's self when it hears the word, says the words, conjures the word sanctuary?

Whether or not you have now actually created a place, we can say to you, that you have. You have a way of knowing sanctuary. So let us begin with a trip to sanctuary. Imagine for a moment that mind is going to visit sanctuary. Imagine now that mind is at the threshold of sanctuary. It may be a threshold with a doorway. It may be a passageway of some other kind. It may be a tunnel. It may be a transporter. It may be a combination of all these things. But imagine, allow to come into your mind now, threshold of sanctuary.

Now allow mind to have some magical way of entering this threshold, entering into sanctuary. Allow mind now to take you across the threshold and into sanctuary. Have no fear. If it is a doorway, even with a combination lock, you will remember. It will be with you.

And as you step now into this wonderful place called sanctuary, take a look around at what you find. If you don't see a lot, what do you hear? What are the smells of sanctuary? The tastes of sanctuary? What does it feel like in sanctuary?

Take a good deep breath. And allow yourself to be in sanctuary.

And imagine now that you are in a beautiful garden of sanctuary. Personalize this garden. Any added touches you may especially want in this garden. Perhaps you love roses. Perhaps you love greenery. Perhaps you like beautiful statues. Fountains perhaps. Perhaps you need more trees, or fewer trees.

Imagine now that on a beautiful pathway—perhaps a pebbled pathway, or perhaps a concrete pathway, or perhaps a grassy pathway, whatever you want. Follow the pathway until you come to a beautiful garden bench. Notice your bench. What is it made of? What does it feel like? Go and sit down. Take a good deep breath from this beautiful bench in the garden of sanctuary.

And continue now to follow the path as it winds its way through, around and about sanctuary. What a beautiful garden. Your garden. You may change it in any way at any time. You may add things, or instantly find things

that will go away. You have but to imagine.

And now imagine that you are at a structure of sanctuary. Perhaps it is a building. Perhaps it is a cathedral. Or perhaps it is a small tropical hut. Imagine that this is the building in sanctuary. Find the doorway and go in.

Notice what this beautiful building in sanctuary feels like. Smell the smells of this place. Is it alive with lots of growing things? Or perhaps it is smooth with marbled surfaces. Perhaps there is a fireplace, with a roaring, raging fire. Or perhaps it is a beautiful sunlit day and the sun is streaming in the windows dancing along the surface inside the room. As you make your way through the building notice there are many, many rooms. Many, many passageways. Hallways perhaps. Stairways perhaps, going up and going down if you wish. Perhaps it is a long, large building. Perhaps it is a small, tiny building. Perhaps it has round rooms. Perhaps it has octagonal rooms. Know that these building structures in sanctuary can change any way you want them to.

Notice how sanctuary feels. Perhaps you notice first the warmth. Or perhaps the freshness in the air. Notice how sanctuary sounds. Are you playing music in sanctuary? Are there animal friends in sanctuary? Is there the beautiful sound of the silence...of sanctuary?

Imagine now that you make your way to an entryway on the other side of this building. And as you find your way to this entryway in back, open or pass through this entryway and notice where you are. Are you entering another structure? Is it outside? Is it a sunroom perhaps? Perhaps there is a pool. Are there places to sit down? Structure these however you want. If you want grass, make the grass whatever texture you want. Paint it with your mind's eye the color you want. Yes, of course you can have purple grass!

Notice if there are any rocks. Perhaps large rocks, small rocks. Sentinel rocks. Guardian rocks. Notice how these feel to you. Allow yourself to connect to everything here in this space as it too is a part of you.

As you continue now to walk further away from the building and look around, notice many passageways, many pathways. One is off to the side with a beautiful arbor and a gate. Surround your arbor with whatever growing thing you want, or have no growing thing if you want. The arbor could be metal, crystal, rock, natural, carved. Whatever your mind desires. And notice as you go through this entry arbor way, there are animals. All kinds of animals. This is the space where animals come to play. And as they all stop and they notice you, they all turn to look. And they say to you, "Welcome, to animal part of sanctuary." And if you want to, you may go sit down and be with them for a bit. Allow them to come and be with you. They are telling you they are here for you if you want them to accompany you on some journeys. Animal friends sometimes make great companions on some journeys. And thank them from your heart for being so much a part of sanctuary for you.

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And allow them to pour their feelings of love out for you. Filling you up and surrounding you.

And coming back through the arbor way, knowing that you can return to experience more of that area and the animal friends at any time.



And returning once more to this building of sanctuary, and making any changes you want to this external side of sanctuary. Adding a few things. Perhaps covering a picnic area. Perhaps adding some speakers for sounds and announcements if you want.

And noticing off to another side in this outside area, there is a pathway into the garden. And moving over that way you notice it is another path meeting up with the path you earlier traveled in the garden. And as you move through this path again, you come to a beautiful tree. And this beautiful tree is round and strong and yet rather soft to the touch. And it is a beautiful warm afternoon and you snuggle yourself under this tree. The roots coming out of the ground are large enough to make a wonderful place to sit, as if arms on a great chair are there for you. And as you lean your head back the tree seems to sway into just the right angle.

And in this comfortable place, nestled up against the tree of sanctuary, you notice straight ahead of you and walking toward you, a beautiful person. All you can see at first are the beautiful flowing robes of this one. But as the person draws nearer, you can make out facial features. And you notice the hands, how beautiful and soft the hands are. And as the person moves closer, you can notice on their countenance a beautiful smile. The smile extending from ear to ear. And as you watch this one come closer and closer, and sit down just at your feet with a great thud! ... to which both of you have a great laugh.

This one begins to tell you of three special gifts for your sanctuary, like sanctuary-warming gifts, like house-warming gifts. And from under these beautiful flowing robes, first comes a beautiful vase. And into your hands is placed this beautiful vase, and the ornate lid on top has carvings, magnificent carvings. Perhaps there are jewels embedded around this vase, or perhaps a painting on it. And the robed one begins to tell you, "This is filled with Love. The love energy you will take inside sanctuary. And the wonderful thing about this Vase of Love is, each time you pour it over yourself, or drink of it, the vase refills itself." And you go, "Oh. This is wonderful." And you say, "thank you."

And at that point this one pulls from under the flowing robes yet another vase! Holding it in the hands and says to you, "This is another vase for you." And you set the Love Vase down and grab this one. And you notice the lid on it also has beautiful carvings, beautiful painted pictures, jewels embedded, perhaps. And the robed one says to you, "This vase is filled with Hope. It is a second gift for your sanctuary. In it you will find hope. Whenever you pour over yourself or drink of it, the vase refills. It never runs out." And you are saying, "Thank you. Thank you for this beautiful gift."

At that point from under the flowing robes, the robed one brings yet a third vase. And says to you, "This is your third gift for sanctuary." You gently set the Hope Vase down and take this one in your hands. Notice it too is beautifully carved, painted scenes perhaps, embedded jewels perhaps. And the robed one says to you, "And this one is filled with Faith. And whenever you pour the faith over you, or drink of it, the vase refills. It has a never-ending supply. This is your third gift." And you say, "Thank you. Thank you so much for these beautiful gifts for sanctuary."

And the robed one helps you to your feet and helps you place these beautiful vases in your arms. And like a delicate child with three beautiful delicate children, you make your way back up to the building of sanctuary. And as

you enter sanctuary's building again, you notice just the special room. And as you enter the room you see just the special spot for the three special vases of energy. One just for the Hope, one just for the Faith, and one just for the Love. And adjusting the lighting in the room, the temperature if you want, and adding anything into the room you would like. Know that this is a place in sanctuary where you can come and find Faith and Hope and Love. Replenishing yourself, renewing yourself with the energies used to create.

And leaving this room and feeling great thankfulness and gratitude in your heart for these wonderful gifts. And hearing, as if being spoken to you aloud, a voice saying, "There are many more gifts to fill sanctuary." Knowing that each time you come there will be new things to find, new things to place, new things to use in sanctuary.

And thanking all the sounds and the beauty of this place. And noticing some of the rooms that you perhaps hadn't noticed before. Noticing the walls and the floors and the ceilings, and making any changes you want. And looking out the window if you want, noticing what is just beyond the wall. Listening at an open window to the sounds of the oceans, and the mountains, and the animals. And smelling the fragrance of the flowers, and the plants, and the earth itself. And recognizing the richness of the thunderstorm off in the distance. Smelling the fragrance of the fresh rain as it makes its way to this part of sanctuary.

And finding a musical instrument just at this open window and picking it up and beginning to strum it and play it, or blow in it, or move it back and forth. Listening to the sound of the music of sanctuary as your instrument blends with all of the sounds and instruments and music of sanctuary. And knowing this place is truly home. It is as if you can hear the music coming home. You have truly come home.

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And knowing that this instrument and all others, and all the outside vistas, are yet to be explored many times in dreams, both at night and in the daytime. You will have plenty of time to explore sanctuary and add to the dimension of your experience.

Sanctuary is all that is. And the more you explore of it, the more of all that is you bring into your awareness.

And adjusting the window if you want, up or down. And fixing the lights and moving to the entryway—the front entryway of this building of sanctuary. And making your way across this threshold. And turning to look back at what a wonderful job you've done. And knowing that you can always visit sanctuary. It is where you live. If you ever think you are lost, you will find yourself here.

And making your way now to the threshold of sanctuary, and recognizing that this is your special place, your special entryway. And crossing back across the threshold of sanctuary, knowing that it is an unending, never-ending pathway always open to you. Without barricades or barriers. And knowing that only those whom you invite in to sanctuary will be there with you.

And taking a deep, deep breath, and becoming aware once more of the green mist surrounding you in this place. And noticing now that the green mist's job is complete. And it begins slowly, slowly to make its way back down across your head and face. Rolling up like thousands of tiny fingers relaxing and healing as they move. And one

big, deep exhale, and all the green mists from inside you meet up with the rolling mist as it goes down to your neck area. And down it continues to go into your shoulder area. Your hands and arms are exposed once more, the green mist enveloping itself as it moves down your torso leaving behind all relaxation and healing. Moving down past your hips. Down, down, your upper legs. Pausing for a moment at the knees. Feeling great healing strength in your legs. Down, down the green mist travels into your ankles, your feet and toes. Pausing for a moment at the bottom of your feet. Leaving great feelings of relaxation, good health and happiness. And great, great comfort.

And you notice the green mist is becoming a tiny, tiny speck in this space. And then—poof! Knowing that the green mist returns any time you think of it. Whenever you need healing or relaxing, you have but to imagine the speck of green mist and being immersed in it. You have but to think of sanctuary—the word—even sounding the word with your voice, you are instantly in that wonderful place. Any of your waking or sleeping hours you want, you can be and experience through sanctuary.

And taking a deep, deep breath and coming back fully to this place, wiggling your fingers and wiggling your toes and allowing your breath to return and ever so gently your eyes to open.

And knowing that the continuing growth of sanctuary, the continuing exploration of sanctuary is a wonderful, wonderful experience yet awaiting you.

And returning fully to this place.

## The circle is complete

We begin by asking that you find your space for this journey. You may wish to begin by darkening the space. The darkening of the space is so that when you return from this journey your senses will not be so abruptly challenged with bright light. When you journey and come back you are super-sensitive, sounds sound louder, lights seem brighter and so on. So it is to lessen your discomfort that we suggest darkening the space.

Each time you enter a space with your form, your body, there will be certain areas of that space or that room or those rooms where you feel that this is where you need to be for this journey. So when you are planning to journey, find where you want to position your form, your body, during the course of your travels. When you have completed this quest, then it is time to make sure you have not restricted your neck or your waist or your feet. We want these area to be free and released. Loosen your shirt if it is too tight at your neck, and your belt at the waist, and so on.

Find whether you wish to be sitting, standing, kneeling, lying down. Find what position your body wants to be in. It will tell you. Your mind does not have to figure this out. Your body will tell you how it wants to be. It is not important whether you lose consciousness or not, you are absorbing the journey just as in the evening times you may say that you do not dream. Yes you do dream whether or not you remember. You are dreaming and you are doing it whether or not you have awareness.

Once you find your perfect location, get comfortable in your position. Make sure that your body can breathe. And begin to relax. As is true with all of this work, you are not confined. If at any point your body signals you that it is uncomfortable, please respond to that by sitting up or adjusting yourself. Whatever you need to do to assist your form. You are not shutting yourself off in this travel, you are rather balancing and harmonizing yourself in the process.

And as you find your comfortable space and you have made your form comfortable, begin by breathing. The breathing out and the breathing in, this is the way of energy. Energy expands and energy contracts. It is creative and absolutely free. These truths are true for you. You are the creator of your world and your life. You are the completer of the circle just as the yogis make the symbol of the index finger and the thumb come together—the completion of the circle is also what you are about. And as you breathe and become relaxed and comfortable, in order to assist in your comfort, we will direct some of your breathing.

Allow your breathing to be rhythmic. Count as you inhale and hold briefly for a count or two and then exhale slowly and fully through your nose. Then hold for a few counts. Then inhale. When you put your mind to something your body does, in a sense you are suggesting balance and harmony of self. And as you breathe comfortably and relax deeply and fully, make sure your eyes are lowered and your arms and your feet are not crossed. You want to allow circulation to continue in your body.

Imagine that in the center of this space you can begin to detect a tiny little green spot. This tiny little green spot is

swirling round and round, and as you watch you notice that it begins to get larger. Soon it is the size of a tennis ball and you can see now that it is spinning. And you enjoy the sparkling of its greenness. The luminosity of it begins to expand and you see that it is getting larger and beginning to fill the space. And soon you can feel it at the bottoms of your feet. And as you feel it at your feet you can feel the tingling and the warmth and the nurturing as it touches gently your feet bottoms, and then slowly begins to cover your feet relaxing your feet entirely.

And as this green mist that is expanding begins to move into your ankle, they too begin to relax. And the green mist continuing to expand and fill the space starts to move up your leg. You can feel the calf of your leg and shin relaxing. The green mist now moves up to your knees and they too relax. All tension now is gone from your lower leg and your feet. And the green mist continues to expand and moves to the upper part of your legs. The backs and the fronts. Swirling, swirling, all tension gone. Your legs are relaxing.

And the green mist continues to expand into your hips and your hips are relaxed. The green mist continues to expand and as it moves up your torso you can feel each vertebra in your back relaxing as if “pling, pling, pling,” your back is totally relaxing. And the front part of your torso is relaxing. All the functions that are going on in your body are suddenly in great harmony and relaxed.

And the green mist continues to expand and move up to your upper back into your shoulders. You feel your shoulders relaxing. The green mist travels down your arms to your elbows, into your forearms and into your wrists and your hands. And you can feel each finger, “pop, pop, pop, pop” as they relax. The green mist now is entirely covering your body, and continues to expand into your neck. Swirling and relaxing, all tension gone from your neck. Into your jaw. Your jaw relaxes. All tension is gone around your mouth, your eyes. Your forehead relaxes. The top of your head relaxes.

And as you take a deep breath the green mist goes down inside you. As it moves down inside you, all is relaxed. And glowing beautifully just like the green mist. Sparkling and relaxed from the inside of you, all the way down to your toes, up to your head you are completely immersed in the green mist. And your body is safe. Your body is secure. Your body is being healed. Great health is coming to you as you rest and relax in the green mist.

And now with your mind’s eye, go to sanctuary. You find yourself in a beautiful place with all the elements and all the things that you love and appreciate so much. If you love the ocean, there is water and an ocean. If you love the mountains, you can see and smell the freshness of the mountains. If you enjoy structures you can see beautiful, magnificent structures; all just for you. And as you find yourself in this beautiful sanctuary place, you know that in this place, and from this place you may travel and be perfectly safe. You may do and be whatever you wish, for this is truly of you.

And you make your way around sanctuary to a beautiful door and a beautiful doorway. It may be made of beautiful crystal, or the finest polished wood you can imagine. Or perhaps it is metallic. Or perhaps it is liquid or air. Whatever it is you, are at the doorway and only you have the magic for opening the door. And as the magic of your knowing is coming present for you, the doorway opens as if to welcome you. And you step inside.

Inside this beautiful space, look around at all the familiar and wonderful things that are just here for you. The beautiful plants and/or animals that are a part of your loving world. You find them here. You can listen for water-

falls if you love them. You can smell the fragrance of all the beautiful flowers that are your favorites. For in this space there is you. And as you continue walking through this building, this place, this wonderful space, you notice a room far down the hall ahead of you. And as you begin to walk down this hallway, you notice that there is a light shimmering in the ceiling above, or in the sky above. And this light that is shimmering is just enough for you to make your way down this hallway.

And perhaps it curves a little bit here and it curves back the other way. And you notice as you continue to walk down this hallway, the beauty of the curves and the feeling of the walls as you run your hand along them. Wonderful, comforting and relaxing. And soon you're at the end of the hallway, and at the room you are to enter. When you're ready and if you want to, find a way to open the door. And have this doorway open. And once it is open step inside.

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Now you are in a different space. If it is dark you may want to have a light appear. If you want to have a light appear, direct it as if moving your hand or summoning it with your thought. If there is too much light you may want to dim the light by thinking of it or motioning for it. And when the lighting is just right, so that you can see what you want to see, begin to walk down the beautiful pathway that seems to be made just for you.

Notice the cobblestones, notice the structure and texture of this wonderful pathway. Perhaps in places it is rough and loosely packed. Perhaps in other places it is tightly and firmly packed, or perhaps carved and laid as if by fine craftsmen. And as you continue down this pathway, look around you. Notice that in this space there is light and dark at the same time. There are plants, there is water, there is desert, there is sand. It is as if as soon as you think of it, it's there--a part of this journey.

And as you continue down this pathway you look up ahead and you notice that the pathway goes into a valley as if it's hidden or perhaps embraced by two very strong powerful mountains. And from the valley below you can hear water like a beautiful babbling brook. And you can smell the wonderful outdoors smells. And as you step off this pathway, and make your way through nature, you are moving amongst grasses that are beautiful and soft like velvet. You can feel them touching your skin like fingers massaging your legs. And you can still hear the babbling brook as you make your way into the valley.

When you come to the middle of this valley floor, lie down on your back, still listening to the babbling brook and look around you at the strong, strong mountains. Hear their beautiful call as if they can speak to you. First the mountain on one side. Listen to the message of its words. Then the mountain on the other side begins to speak. And what you are hearing may not sound like words, but you are feeling. And notice that they are beginning to tell you of the babbling brook. At one time the babbling brook used to come from the mountains. Then one time as far back as they can remember the babbling brook started coming from the center of the valley. It seemed strange to many of the creatures that came there that the brook would suddenly come from the center of the valley and yet the wisdom of the mountains would say to the crows, for example who came by questioning where this brook came from. The mountains would say, "Crow friend, it is coming from the Earth Mother. Whether it comes from high atop the mountain or flows down, or comes up from the fiery furnace belly of the Earth Mother, it is still the same. It is still the same water. It is still for you."

And soon the plants and all the animals learned to know this too of the babbling brook. And as you're lying there

listening to the babbling brook, notice that it is beginning to answer your questions about it. Listen.

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And thanking the babbling brook, and the mountains for telling you of themselves, you turn and continue on your journey. As you leave the valley between the two mountains, you notice up ahead a stand of trees. The most beautiful stand of trees you can ever remember seeing. And you make your way toward this beautiful stand of trees. They seem to be a small gathering. And as you ask them to tell you of themselves, you begin to listen to what they have to say.

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And their stories of roots that extend through eternity. And arms and leaves that lift up to the highest parts of the heavens. And as you look at these beautiful trees you know that they have a wonderful story to tell. And as you listen you can feel their roots and their leaves as they make a wonderful, wonderful circle in the earth and the sky. And you begin to tell the trees the story of the babbling brook. And the trees say to you, “Yes, we know of the brook. And we know its circle is complete too.” And you are knowing this also.

And as you thank the stand of trees and begin to move on, you notice that ahead of you is a person. While you perhaps can't make out the features from this distance, as you get closer and closer you notice this person. You can tell who it is. And the person says to you that your question will be answered. Now is the time for you to ask. Now is the time to listen for the answer.

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And as you have completed, the person comes over to you and takes hold of your shoulders and you stand face-to-face, and nose-to-nose. And as you begin a long, long inhale the person comes up into you and fills you inside. And you at the same time can feel yourself being pulled into the inhale of this person. And as you begin to stretch and fill out the body of this one you have met, you turn with these new eyes and see your body standing opposite you, filled with the one whose body you are filling. You can see your feet begin to join. Your hands and arms. The tops of your heads, and the circle is once more complete. And all the passageways through every tiny cell in the skin open so that you freely flow in and out. In and out. Your form is complete and you are complete and the circle is complete.

And as you continue to walk along you find a wonderful rock: shiny and beautiful. You go over and you sit down, or you lie down, beside the rock and you begin to stroke it gently with your hand. And as you stroke it gently, it begins to speak to you and it tells you of itself. And you listen.

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And when you have heard the story of the rock, you find yourself part of the rock and the rock part of you. And the circle is complete. As you continue to walk you notice the beautiful path. Some parts of it rough and loosely laid. Other parts intricately patterned as if by magnificent craftsmen. As you step upon this beautiful pathway you notice that the circle is complete. You walk up the pathway and with each step you take, and with each breath you breathe in, you realize that all of this is all of you.

And up the pathway you continue to journey until you reach the passageway, the doorway, the portal. And when you step through you may decide to leave the doorway open. The circle is complete. And as you move back through sanctuary noticing the beautiful things that are there, some special gifts to you from spirits, from dear friends, and wise ones over much of time, some beyond your memory. You find some things there and as you

touch them great floods of stories come back into your mind. Great memories are awakened and the circle is complete.

And there is a part of this beautiful sanctuary space where faith and hope and love flow like beautiful showers. And if you want to, you may move into those places and turn those beautiful showers on and stand in their midst. Allow the beautiful energies of faith and hope and love to fill you up and flow over and through you. And the circle is complete.

And making your way now to a beautiful area, a nice cushiony soft area. And sitting down for a moment and allowing all these completed circles to fill your being and then setting them in motion. And as they begin to spin and produce the beautiful patterns and designs, the geometry of existence is being played out right before your eyes. And you can see the colors and the shapes. And the circle is complete.

And now taking a deep breath and moving to the entryway of sanctuary. Passing through the entryway, knowing that sanctuary is always there for you to return to. Always there for you to journey. Always there for you to be. And realizing that you have a beautiful, magnificent form in this space, in the green mist, in the healing energy of each other. And the circle is complete.

And noticing that the green mist begins to recede now. From the top of your head and down your face. Slowly it begins to move. As you exhale it begins to come from inside you to outside you. And each time you breathe, more healing is imparted to you. Your face is now uncovered, and your neck. The green mist slowly begins to move down past your shoulders. Leaving your fingers wrists and arms. Moving now down your torso, down, down to your hips. Now past your legs, into your knees. Down your shins and calves, into your ankles. Linger for a moment on your feet once more. Then returning to a tinier and tinier and tinier speck in this space. You may call upon the green mist whenever you wish, and it will be present.

And wiggling your fingers and wiggling your toes and returning to this space and this time.

The circle is complete.



## Building of ribbons and colors

And breathe in, and breathe out, and begin to relax. If your hands are crossed, uncross them. If your body is constricted so that circulation is cut off, notice this. Allow your body to say to you what it needs in order to be comfortable in this time and space. Even if it seems like an odd thing that the body is asking of you, try it. And then later if that need changes, change again. It is fine. The body is the holder of the now. It is a very, very important part of your experience of this thing you call life. Cherish it and recognize its sacred needs. And if your eyes have not lowered, lower or close them gently. And breathe.

Now imagine that in the center of this space you begin to sense a tiny, tiny dot of green mist. And as first it is a tiny dot; you can tell that as it begins to spin—as it begins to spin, it is like a beautiful ball growing and it's filled with green mist. And as the green mist expands and grows, you can see it begin to fill this space. Soon you can feel it at the bottoms of your feet. You can tell that it is ready to come inside.

As it touches your feet and finds the magical portal, it begins to enter through the bottoms of your feet. And as it enters you can feel it surrounding the outside, and swirling inside, and your feet are relaxed. And as the mist continues to swirl and move and expand and grow, it moves up, up into your ankles, into your shins. And you can feel it on the outside of your legs and on the inside of your legs, and they relax. And as the green mist continues to grow and expand, it reaches your knees. And you can feel it on the outside, and you can feel it on the inside. And as the green mist continues to expand, and as the green mist continues to grow, you can feel it on the inside of your upper legs, you can feel it on the outside. And your legs, your whole entire legs relax. And as your green mist continues to expand and grow, it moves into your hips. Your hips relax. All tension is gone. And the green mist continues slowly to move up your torso, both inside and outside, and you can feel each vertebra in your back relax—like someone beautifully playing a musical instrument and as each note is touched the back relaxes.

And the green mist continues to expand and grow and it swirls inside and outside the torso; it reaches the shoulders. And the shoulders relax. And the green mist goes down the upper arm, into the elbows, the forearms. Inside and outside the green mist travels, into the hand, and each finger of the hands, and the arms relax. All tension is gone. And as the green mist continues to expand and grow it moves into the neck, and the neck relaxes. It's had to work so long holding up the head, and now it can relax.

And the green mist continues to grow and expand and the jaw relaxes. The area around the mouth relaxes. The eyes relax. The nose relaxes. The face, the head, the ears, all relax. All tension is gone. And as the green mist continues to swirl and grow, the entire form is relaxed, and this entire space is filled with relaxation. As the form is relaxed, it's now time for the journey to sanctuary.

And you find yourself in this beautiful, beautiful thing you call sanctuary. For some there may be a magical way to get there—a magical door, a magic word that's said. For some it may be in the great outdoors and there's a hidden passage to get it. However it is, you know exactly how to get to sanctuary, and you go in. Once inside sanctu-

ary you look around and this feels like your place. This is where you are, this is where you have always been, will always be. It is the soul of you. It is the reference point for you. It is peaceful here. It is your place. And look around. Feel the comfortableness of this place. Notice all the beautiful things and the wonderful feelings, and the wonderful sounds of just this special sanctuary. And as you continue to move through sanctuary, imagine for a moment that you're in the garden of sanctuary. And as you look around in this beautiful place you can hear the sounds of life itself. You can smell the freshness that only a garden can have. You see the colorful richness of all the creatures and plants in this place. And as you move through this garden of sanctuary, you notice up ahead a beautiful, beautiful valley.

You can see that it is about time for the sun to set, but you know that somewhere down in this valley is the building you're looking for, and you continue to walk. The shadows of the end of the day begin to fall upon the path that you are walking, but you continue to walk. And as the light dims even more, as this day is past, you continue to walk. And as darkness is settling in around you, you notice that you have arrived in the seat of the valley. And there just ahead of you is a beautiful building, small and yet ornately carved. And you go over to the building and you open the beautiful ornate door. And if you want to, step inside.

Once inside, you can see streamers of silk ribbons of all of the colors. It is as if one end is attached to the walls, floor and ceiling of this place, and they are fluttering out in space as if some invisible breath is breathing in and out as they flutter. You move into the center of this small room and as you turn round slowly you can see that they are all moving, they are all flowing going back and forth like rivers of colors, and they reach out and they touch you as you're in the center of this space. Like loving fingers they are stroking your body up and down. And as you turn 'round it is as if you are turning in the middle of a field of beautiful colored silken fingers that are gently stroking your body, up and down, and around and over and through.

And you begin to hear them singing. And you notice the notes attached to each one. But it isn't important so much as the harmony they make when they all flow together, as if the fingers of the silk are also toning your form. And as you gently and slowly go round and round, they touch and they move through your form. And the sounds they are making, the harmony of the song, you know it is your song. You can feel it to your core. And you raise your hands up in the space and you allow your hands and arms and every part of your form to be touched by these beautiful, beautiful, colored ribbons. And as if by magic, the breath begins to slow and their wave begins to slow. And soon in the silence of the space, you can see all of their beauty as they lay one upon the other. And you know that as soon as you begin to turn round, the breath will begin again.

So you extend your arms outward and you begin to turn 'round. And as if the breathing begins anew, the ribbons begin to wave in the breath and they stroke your body up and down and around you spin, and they touch and they sing and the harmony returns, and you are at peace and great healing is taking place.

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And when you have had your fill of this wonderful exchange, walk over to the door and step outside. Remember this valley. You may return here any time you want. You may bring friends here, those you meet in this life who are troubled, whether known to you or not. You may bring them here with you in spirit, or if your imagination is

working, they will come in person.

And even in the darkness, you know where this place is. And no sooner had you thought of the darkness outside, than you can see the first glimmer of daylight around the mountain surrounding this valley. And as the new day begins to dawn, the new experience is part of you. And as you begin to climb back up out of the valley, with each step you take, the sun is rising higher. And more and more of the light fills the path you're on. And as you reach different points in your journey upward, turn and look once more to know for sure that this wonderful place is there.

And continue walking until you are back up to the garden of sanctuary, and you realize that the breathing, the breath, the harmony, and the colors are wonderful gifts from you, to you. And as you thank the wonderful garden, and wave goodbye to the small building at the bottom of the valley, you turn to walk back through the garden to sanctuary.

And with gratitude in your heart, making your way to the wonderful containers full of hope and faith and love. The unending, unlimited resource of the energy of your creation. And as you look at these, either splash them on you or dive into them, and enjoy the richness of the gifts of these energies. There is never an end to their supply. There is never a beginning of your end. As you finish your experience with these energies, with gratitude in your heart, thank them for replenishing all your creative juices, allowing your new creativity to go even further. And when you are filled with the richness of the energy of sanctuary, and when you are ready, with gratitude in your heart, say goodbye to sanctuary. Knowing that it is always with you and you are always in sanctuary. You can focus on it at any time.

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And returning to this place of the green mist, and noticing that the green mist also has movement about it, a joyfulness as it begins to contract. You can feel it going over the outside of your face, and the inside of your face. You can feel its magnificence as it leaves you with tickles of joy. As it moves down through the neck area, comes up from your fingers and hands and arms, through your shoulders, and down your torso. The green mist travels, leaving behind wonderful feelings of peace and joy. Into the hips, relaxing the hips, upper legs, into the knees. Down the legs the green mist travels leaving relaxation behind. Into the ankles, into the feet. The soles of your feet feel wonderfully relaxed, and now the mist is exiting through the magical portal at the bottoms of your feet, And gathering itself up into a tinier and tinier ball in the center of the space.

And know that the green mist is always there for you. You have but to think the phrase “green mist” and you can recall it to yourself, and instantly you'll remember the wonderful feelings as they soothe all your energy lines, as they soothe your form.

And returning fully to this space and this time knowing that you are relaxed. You are ready for whatever is ahead of you. In this moment you have found the resources that you have always wanted—to be all that you are. And wiggling your fingers and wiggling your toes, gently begin to allow yourself to return to this time and space. And be very gentle and slow with yourself. Coming back.

## Vortex of Sound

Beginning as comfortable as you can be. Allowing arms that may be crossed to uncross. Feet that may be crossed to uncross, for these tend to cut off circulation. If you have constrictive clothing, loosen it as you do not wish to constrict the breathing. The form will continue in health and well-being during this process when you are journeying beyond its borders. For you see, in this exercise, you will begin to experience the fact that you are much more than the ends of your fingers. That, in fact, you are everything beyond your skin. That what is within your skin is but the focus for the ego-identity in traveling through this life.

Now, sitting, or lying, or reclining comfortable, if you would imagine for a moment that you are breathing steadily and comfortably. Focus on that so that your body gets deep breaths and can find great comfort in the depth of these breaths. Your breathing is very much like energy is. It is very much like the creation of your universe—the expansion of energy, the contraction of energy. Just as you breath out and breath in, so too does all of manifested form in your universe. And while your breathing is steady and slow and comfortable, so too is all of reality.

And as you are resting comfortably and breathing comfortably, imagine for a moment that in the center of the space you occupy is a beautiful green mist beginning to form just above the floor level. First just a dot, but slowly beginning to expand and expand, and as it expands and moves outward, it comes to where you are positioned. And as it touches you it fills you with relaxation and comfort. You feel it in your feet. You feel it in your ankles. As it goes around your legs and through your knees, these become relaxed. Your upper leg relaxes, your hips. Your back is relaxing. The torso is relaxing. And breathing steadily and comfortably, the green mist moves up to your shoulders and they too relax. Your neck relaxes. The area around your eyes and mouth relax, and you are breathing comfortably relaxed.

Each breath in the green mist goes inside, relaxing all of the inside of you. Touching its healing there too. And as all of you are encompassed and sharing in this green mist, knowing that your body is safe and secure, you may now move to the place—the special place—for you and you alone. It is like your great treasure, or your sanctuary. It is a place that only you can invite others to. It is for you and by you. And as you enter upon the scene, you're even more relaxed because this is home. This is like coming home. And as you enter this special place you look around and see what has happened since you were there last. Perhaps plants may have grown a bit. Or perhaps the water is flowing a bit. And as you look around and check everything out and make sure it is as you wish it to be, you move toward an area of this place that has a beautiful portal.

As you approach this portal it takes on a form that only you have created. It may appear to be a doorway. You notice the substance it's made of, the way it's structured. Is it round or square or rectangular? Does it have windows, or is it wood? Is it made of some metal. As you examine this portal, you know that it is yours and it is your creation. You can feel that it is a part of you. And as you observe this portal, you notice the door handle, or the latch. And as you check to make sure that all you are leaving behind in the sanctuary is resting safely there. And if you wish to in the sanctuary pick up some things for this journey, such as a drink of hope, or a text that you may wish

to study, or an implement that you may wish to use in the work ahead of you. And filling your satchel with those things you wish to take on this journey, and checking to see if you are attired the way you wish to be. If not, move to a place where you can change what you are wearing. If you wish to take water and refreshments, procure these.

And as you move back to the space where the portal is check to see that you have everything you want for the journey. Anything that's missing, pick it up and make it a part of you. And if you are really concerned about this, you may create a special tube-like channel that will flow from the sanctuary to wherever you go—like a giant umbilical cord, but not necessary attached to you. But should there arise something you wish you had with you, that you have forgotten, it can easily come to you through this magic tube.

If there is a part of you, or parts of you, that do not wish to go on this journey, that is fine. They will be safe and they may stay here in the sanctuary. If you do not wish to go, you do not have to travel this way. You can enjoy the relaxation in this very special, peaceful place, continuing to breath and experience the health that is there.

But for those of you who wish to travel, you will first open the portal. And however that happens for you, as you open the portal you see a magnificent vista in front of you. You realize that this will be a very special journey indeed. As you notice the nature of the surroundings as you embark upon this journey, you realize that you do not have to make any motion in order to move forward. But as you think it, you begin to move. The rate of speed, the direction, all of these, you just think about. And as you glide or float or soar forward, ego-identity is amazed at how easy and simple this is.

Soon, movement slows down and ego-identity, you, find yourself in the midst of another place. And at this place you meet three entities. They are standing in a row in front of you. As you look at each one, you recognize that each one of them has an important answer for you in what you will do next. They are the keepers of the energy essence. It is as if they are guardians or like angles for the special encounter waiting ahead of you. As you approach the first one, without even thinking, you know what to ask. And as the question is complete you listen for the answer. And you move to the second entity.

And again, without having planned it, you know what to ask. And having completed your question, you wait for the answer.

And having received the answer, you move to the third entity. And without thinking of the question, you find it being formed and you wait for the answer. And this time the answer is musical. And the music sweeps you forward. You find yourself in a magnificent vortex enjoying the magnificence of the sound. And we will be silent now as you flow on your journey.

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It is not strange that you encounter the others who are present. It is as if all of you are touching and experiencing this journey together. Some of you may have experienced jumping out of an airplane with many other people. And as all of you are flying through the air forming wonderful circles one with the other, so too, this you can do. There is great power in where you are now. It is accessible for all that you do. And as all of you return to the place of your portal, and walk through and close the portal, or perhaps not closing it if you wish not, recognizing that for-

ever more this journey with energy essence is always at your disposal. More than the angels can soar.

And returning to the sanctuary and the gifts that you may have received with the things you took, packing everything away neatly. Reacquiring any aspects of yourself that you may have left in peace and comfort as you journey. Collecting yourself together and saying your first name aloud as you reach the entrance to your sanctuary. This is the way to summon all the parts, to pull you together and have you return to this place.

And you find your body is fine, it has not aged since you left. It is enjoying the comfort of its place. And as you breath, taking several deep breaths to let all of you know you are rejoined again, you are made whole. And allowing the green mist to impart its healing energy to any part of you that you may wish, knowing that it is energy shared by all.

And observing that the green mist flows gently once again away from your head. Relaxing your shoulders and your neck. Down your body, past your hips, down the legs, down, down past the knees. Down, down to the ankles, to the feet. Until once again it becomes a tiny dot in the center of this space and can no longer be seen. But know this, the green mist is always there for you to summon any time you wish to experience this again—or the energy of this place. You have but to call the green mist and it is with you.

And wiggling your fingers and wiggling your toes, becoming fully present at this place in this time. And gently opening your eyes. Allowing yourself to experience this place again.

## Hot Air Balloon

Imagine first that you have just had a very long, deep, drink of wonderfully fresh cool water. You can feel the coolness and the sweetness of this water as it enters your system and begins to fill you up. And as you breathe very deeply you enjoy the breath that comes after such a wonderful drink of water. And relaxing your form in this space, and breathing deeply and fully. And with each exhale sighing in a sense all tiredness out.

Imagine for a moment that in the center of this space, a tiny little green dot is beginning to appear. And as this tiny little dot begins to grow, it becomes a tennis ball of green mist. And as that ball begins to grow and expand, the green mist begins to fill up this space. And you notice that the green mist is at the bottoms of your feet. And as it touches your feet a gentleness is released, a peacefulness is released throughout your system. And you enjoy it as the green mist fills your feet. The tops and the sides, massaging them, removing all tension.

And the green mist begins to expand up your leg. Your shins relax, your calves relax, the green mist now covers your knees, and your knees relax. The upper part of your legs, covered now by the green mist. And each tiny part of you that is covered in the green mist is totally relaxed. Your legs now, from the feet up to the tops of your legs, are relaxed. Into your hips now travels the green mist, leaving its relaxation. As your hips relax the green mist comes up into your torso. And you can feel your back relaxing. Each vertebrae relaxing as the green mist travels upward along your torso. Your body is relaxed.

The green mist now reaches your shoulders, and your shoulders relax. Down your arms the green mist travels, your elbows relax, your forearms, your wrists. You can feel each finger relaxing. The green mist travels now into your neck and your neck relaxes. Into your jaw bone and your jaw relaxes. The green mist now moves up to your face and your face begins to relax. The area around your mouth and eyes, all tension is gone now as the green mist covers your head. And as you take a deep breath, the green mist begins to travel inside. And as it travels inside your body you can feel each cell inside your form relaxing. And as each cell relaxes, the body completely relaxes and is immersed in this wonderful feeling, relaxing green mist.

And as your body is relaxed, your soul begins to travel. And your soul travels to sanctuary—that wonderful place where you are who you are. As you get to sanctuary you look around you notice the familiarity of the things there. If you love skies, there is lots of sky. If you love the ocean, you notice there is the ocean. If you love meadows with beautiful sweet-smelling flowers, you notice these are here. If you love high, high snow-covered mountains, you notice these are here. All that you can imagine is here in sanctuary. There is also some form of structure. You have built this structure with your imagination. The structure is for you. It has all the comfortable things of you in it and around it. If you like babbling brooks, there is a babbling brook. Hot tub, there is a hot tub. The rooms are decorated the way you want them decorated. The lighting is just right. The temperature is perfect. As you travel through this structure, you notice how beautiful the rooms are. Each one so uniquely interesting, and all available for you and to you at all times.

As you pass through the building, the structure, and out into the open, you notice a garden. This is the garden from which journeying begins. As you enter the garden, it is just as you have made it. All the things that you would want to have there, you find. And as you walk around in the garden, you notice the nature of the plants and trees and animals if there are any. You notice also the statues, if there are any. The waterfall, if there is one. All of the things that are comfortable to you, you find here.

Off in the distance you see a path emerging leading beyond the garden. You know that this is the path that has been made for you for this day. For this journey. As you reach the beginning point of the path, you turn and look back at the garden and the beautiful building of sanctuary and all the familiar things—knowing that you will return here soon. It will be still waiting just as it is now.

And turning to look forward along this path, you begin to walk. And as you begin to walk with each step you take on this path, you are comforted and you are becoming enlightened. With each step you take it is as if the path itself has huge spotlights that are opening up for you. You can see clearer than you have before. You can hear better than you have before. All of your senses are at peak performance—and then some.

Down the path you travel. You notice it seems to be going down a bit. And as you follow it, soon you come to a cotton field. A field where there is lots of cotton ready to be harvested. And as you look across this field of white, it is as if snow has fallen in this beautiful sunny climate. As you move through the cotton field, you can feel brushing against your legs gently, the softness of each of the cotton blooms. You know it is time for harvesting. The gentleness with which they swish, swish, swish. Each step you take seems to make you more aware as these sense also become more and more heightened.

And as you come to the end of the row in the cotton field you notice ahead of you is a corn field. And you notice how beautiful and big and sturdy and green the plants are. And as you begin to walk down the row of the corn field you can smell the fragrance of the growing corn. You never, perhaps, even realized how wonderfully fresh and full of life the smell of growing corn has. And as you move along the row in the corn field, not only is the fragrance of these beautiful, wonderful, maturing plants coming to you as beautiful gifts, but you can feel brushing against your arms and the cheeks of your face the beautiful leaves of the corn plant. And as you move gently through the corn, you can feel the swish, swish, swish as these plants also fill you with wonder and the sense of adventure yet to come.

As you come to the end of the corn field you notice the path leads off into the distance and you begin to walk along the path. You can hear the rushing water ahead of you. You know that somewhere ahead you will find beautiful water. And sure enough, just ahead you can see you are approaching a beautiful waterfall. It is so high you must look up and as you look up you can feel each of the little drops of the water as the mist of the waterfall in the distance is coming over to gently kiss you hello and welcoming you on this journey. You can hear the sound of the roaring, rushing water as it fills the canyon below. As you look down you can see the crashing of the water below. And you can feel the force of the thunderous sound it makes as it pounds the earth below as if to wake up the earth.

And the path leads off to the left and off you go wandering off to the left in through some trees now in the beautiful shade. How cool and comfortable it is here. You can see through the leaves of the tree above you that the sun



is bright and warm, and that it is cool and comfortable in amongst the trees.

And the path continues. And you continue to walk. And soon on the path you are in an open space, in an open area. And the path seems to be going in the direction of more and more open spaces. And as the terrain flattens out and the land seems to go on forever, you notice that in this flat space there is also much life. You can sense around you the tiny little critters, the insects, as they jump and bounce around. Even in the flatness there seems to be movement on the horizon all around you. And still the path continues.

On down the path goes and back up the side of another mountain or hill. And back over and down another side the path continues. And you continue to walk. And you notice up ahead there is a beautiful, beautiful little stream. And beside the stream there is a beautiful goblet. And you pick it up and you dip it into the beautiful little stream. And you can see the sparkling of the water as it fills your cup. And you pick it up and put it to your lips and you taste the beautiful, refreshing, sweet water. And as you drink your fill of the water, it is as if your entire form begins to flow. It begins to glow and sparkle just as the water does in the sun. And you gently place your cup back down along the side of the stream.

You notice that the path goes across the stream. So you walk in with your feet bare, in through the water. You can feel the coolness. You can feel the gentleness of the water as it laps against your ankles. And as you wade across this little stream and go up the bank on the other side, you begin to follow the path again. And following the path now out into again a beautiful field filled with grass. Not very high, but beautiful and velvety in its touch. As you begin to walk along in the grass, you can feel the velvety touch of it.

You notice up ahead of you a beautiful hot air balloon. It seems to be waiting for you. And how beautifully colored it is. Notice the design of the colors, how beautiful and special they are. As you make your way over to the basket you notice there is someone there who is holding for you an entryway into the basket. And you step inside, and as this one smiles at you and releases the tether line, up, up, you begin to float.

And as you begin to float in the hot air balloon you look down at the terrain below you and you notice that the path you were on seems to have come up into the sky with you. It is as if the sparkling of the path is sparkling through the sky itself to the basket. And as you look around the side, off in the distance you can see that the path is now in the sky. And as the basket begins to follow along the beautiful, sparkling, path you notice the beautiful clouds. You notice how beautiful it is, the view from here. Each of the clouds feel like marshmallows as you reach a hand out it is as if you can hold them in your hand. And in holding them they become a part of you.

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And on and on your path goes in your beautiful, beautiful, balloon. Soon you notice the path seems to be heading down. And as if by magic your balloon begins to descend. And as you descend through the heavens and the sky, you notice it is now dark and night has fallen. And the heavens around you are filled with stars, sparkling and shining and glowing as if each one is a little sign of welcome to you. And as you continue to descend in your balloon you notice that there is that man at the end who grabs the tether line, and gently pulls you back anchoring your balloon to earth and making a passage for you out of the gondola or basket.

You step out and there again is the path. In the beautiful moon and starlight you walk over to a beautiful, ornately carved bench. And as you sit down on this bench, as it is right in the middle of the path, you look around you. You look up in the sky. You look all around you. Take a big deep breath, and as you begin to exhale the breath you notice that someone has come to sit beside you. This someone, who is sitting beside you, has a beautiful smile. And through this smile begins to communicate with you. Whatever you are wanting to know or ask about, this one will share with you. This wise keeper is here to talk to you. Listen.

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And as you both break into laughter, it matters not what you were thinking. Thoughts are not where your questions lie, it is what is in your heart. And this wise one has touched that for you. And as you get up off the bench, the wise one moves away. The bench collapses, pulls itself into a tiny little parcel and remains on the side of the path.

As you continue walking along the path, you can see the sun rising beautifully in the distance. You realize that time has passed and another day is here. And as you move toward the rising sun, you see up ahead a village. And you notice that the smoke rising from the chimney signals that breakfast time is at hand. This is a working village, a place where the people all work in the fields. And as they prepare for this work day, you enter the village.

You go first to one house and as you knock on the door you notice the people who answer the door. They are singing. They are singing a song and smiling. And they invite you in and as you come in you are the song they are singing. You can feel their voices as if they are running through you. You have become their song. And as they complete their song, they applaud you. They are happy for you. And as you leave they wave goodbye.

And you move to the next house in the village and you knock on the door. And the people who answer the door are smiling. And as they are smiling at you they invite you in. And their smiles are so big and broad you know that they are smiling you. You can feel yourself being the smiling they are doing. And thanking them, you leave their house and walk to yet another house in the village.

This time when you knock on the door the people who come to answer have something just for you in store. In the silence now, enter their home and accept their gift.

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And as you leave their home and the door closes behind, the sun is up bright now and the people in the village all come out and they form a circle around you. And they begin to sing a special song for you. And as they dance and you notice how beautiful they dance and sing, your spirits are uplifted. Truly uplifted. And on the magic of their sound and movement, you are transported back to the garden in sanctuary. And ever so gently you float down into once again the garden of sanctuary.

Moving back into the building of sanctuary where you have beautiful vats of special energies of love and faith and hope. And immersing yourself in this beautiful place and the energy of it. And reflecting for a moment on all the wonderful gifts you have received on this journey, and finding a special place for them in sanctuary so that you

may revisit them as often as you would like. And moving outside to the entrance to sanctuary, and with a deep breath, allowing the smell and feel and beingness of sanctuary to be with you in the days to come.

And returning once more to this body and this place. And noticing that the green mist is beginning to recede. With each exhale it is becoming outside your form and moving down from the top of your head. Down, down, into your neck. Past your neck, shoulders, receding from your arms. Down your torso past your hips. Leaving behind wonderful feelings in all those areas. Down your legs, traveling past your knees, ankles and feet. Once more lingering for a moment on the bottoms of your feet. And returning to the tiny dot in this space. Knowing that at anytime you want in your quiet time to call upon the green mist, it will come and be with you and bring back to you all of these experiences so that you may reflect upon them many times.

And returning fully to this form and this place and this time, and wiggling your fingers and wiggling your toes, and allowing your body to stretch with its fullness and its richness, the rejoining of you and it in this space and time.

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