

Our Garden, Our Selves

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As we start this relaxation, choose a place where you will be comfortable. Just relax and take several nice deep breaths - relaxing breaths - settling breaths, breathing quietly and easily. Becoming comfortable in your relaxed position. Listening to your breathing in, and out - in and out - again, - in and out. Continue with your breathing until that is all you can hear. Your gift of breath coming in and going out. Taking in all the healing oxygen and releasing all stress and tension. Allowing your body to take a little time off from all worries and problems. Breathing in and out, in and out. Relaxing more and more with each breath. Taking in love and positive energy. Letting go of all negative thoughts and feelings. A time for you alone, just to relax. This breathing exercise will allow your lungs to expand and heal. Your energy will increase, and you will be stronger and healthier every day. Breathing smoothly and evenly. More and more relaxed. Deeper and deeper into relaxation.

Remember what Jesus said to us 'The Kingdom of God is Within You.' He tells us we have within us a tremendous source of energy, power and strength to accomplish and provide whatever we want or need. We also know that the mind of man is truly one of the greatest powers in the universe. Taking control, using your power, making your own choices can only bring positive results for your benefit and happiness. Increasing self-love and practicing honesty, calling on your Angels and giving them permission to guide, help and assist you in your daily practice of taking control of your life, making choices and revitalizing your mind and body.

In doing this we will cast a delightful glow on the world around us. As you breathe easily and evenly, feeling very comfortable and relaxed, so safe and secure, think about all the 'THINGS' we want from the people in our lives – love, appreciation, admiration, importance, to be thought beautiful, efficient, capable, intelligent, crafty and be very important to them. They are thinking the same thoughts and have the same needs. We are giving away our power to them and it is for us to use! Anything and everything we need we can provide!

We can love our selves, we can appreciate our selves, give our selves importance, beauty and know that we are terrific, efficient, crafty, capable and loving. Giving ourselves all of these 'THINGS' will teach those around us that they too can fulfill their needs. It is safe to recognize your needs and call on your power, strength, and love to fulfill them as they come up. You can do this immediately with no waiting. Bring it up – fulfill it – heal it – provide it – soothe it – take care of yourself the way you deserve.

So safe. So secure. It is your birthright to live life fully and freely. Use your power, strength, love and understanding of yourself to achieve fulfillment.

Imagine that you have a wonderful garden; a garden of feelings, thoughts, needs, and love. Let each one grow freely, coming to the surface and being cultivated,

handled, soothed and enjoyed. Your beautiful garden of life – always growing – blooming – presenting surprises and always moving ahead into happiness and security.

Say to yourself – I LOVE LIFE! – It is safe to live this life. I am worth loving. I now choose to live life fully. I now see how wonderful I am. I choose to love and approve of myself. The more honest I am with my feelings, the more I can love and be loved. I make wise choices for myself. I am in control. I am free. Allow your garden to always provide for you. Life is wonderful!

Now I will count to 5 and you will return to full awareness. Feeling wonderful. One, coming back – two, normalizing – three, feeling so good – four – and five, eyes open and feeling wonderful!