

Into Darkness - Guided Journey

Breathe.

Don't worry about breathing a certain way, or your position - just breathe deeply for you. Feel your breath moving in and out of your body. Shift your position to exactly what feels best for you, and notice where your body touches the surface you're resting on. Are there any pressure points? Any tightness or tension? Bring your attention there, and make an effort to relax those places. To release any tension or tightness. Get comfortable now.

With your eyes closed, begin to focus on your breath moving in and out of your body. Notice the movement as you inhale, and relax as you exhale. See the dark space behind your eyes. Look at that darkness. Feel how it's inside you, all around you. It encloses you and keeps you safe within. You can move through that depth of black space, navigate within it.

And as you breathe, you feel lighter within it. As you breathe you become lighter - you can easily float through it. You are floating, and breathing - still and quiet within the darkness. It stretches out beyond your reach, but you can find your way through this endless space, you are safe here. You can move up and down, left and right, freely and easily floating in the dark space...

Look at that darkness, feel how it's all around you, inside you... it is you.

This is the dark space behind your eyes. Your eyelids are closed, and you can feel your lungs working in your chest as you breathe. You can feel where your limbs rest, so you move your body and have a really good stretch out. Feel your bum planted safely in this world - you are securely inhabiting your physical body.

Wiggle your fingers and your toes. Shift your arms and legs. Get up if you'd like to, and move that body! Take a drink of water... and then write it all down. No filter, no processing, just record everything you remember. This is maybe the most important part of your Journeying practice – keep a record of everything.

I'd love to hear how your Guided Journey was?

Let me know in the comments below the Blog Post, or you can head over and join our dedicated Facebook Group for this meditation method, at www.facebook.com/groups/OtherworldJourneys.

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