

Meditation: The Healer's Fountain

Sit in a relaxed, comfortable position. Close your eyes and let all tension easily leave your body. Breathe deeply in and out. With each inhale, breathe in peace and comfort. With each exhale, breathe out stress and discomfort.

As you relax even further, you find yourself in a beautiful field of flowers. The colors of these flowers are the most beautiful you have ever seen. The soft breeze is gently moving through the grass. You can feel the wind on your skin. The sun is shining on you. The air is just the right temperature. You feel happy and free. As you go even deeper into relaxation, you hear the sound of water flowing in the distance. You walk through the field of flowers toward the sound of trickling water. In the distance, you notice a beautiful courtyard. You see a fountain in the center of the courtyard. As you draw near the fountain, you notice that this is no ordinary water feature. The water pouring from this fountain has such purity, coming from a very special well below the surface. You have been drawn to this fountain for a reason. This water carries the wisdom and energy of healers from all the ages. You are here to be nourished and supported. You lay down in front of the fountain. The water gently splashes on your skin. It feels so energizing to feel the water and the sunshine. As soon as the water touches your skin, memories of all the healers throughout time are awakened in you. The master healers wish to share their wisdom with you. You have access to every healer of every time period. You can tap into the experiences of all those who have done healing work throughout the ages. They have much information to share with you. At this fountain, every advancement for healing, every groundbreaking discovery for well-being and trailblazing concept for health is accessible to you. You can connect to healers on every realm, time and dimension at this well. Feel the support they send you through the healing waters of this fountain. When you are ready, cup your hands and take a sip of this life giving force. You have now been energized by the healer's fountain. Any great healer can be accessed when you are in need of support, wisdom or encouragement. Take in these healing waters. You are welcome to come to the healer's fountain and drink when you need support. Ask for wisdom and encouragement as you take in this magical healing water. Stay here as long as you like. When you are ready to return, bring your awareness back to the room, feeling fully in your body, energized and refreshed.