



Your inner Island

Emily Hess

Make yourself comfortable. Prepare yourself to be undisturbed for the next 30 minutes, so you can enjoy your inner pictures in sonorous silence. Find a position you feel comfortable in and that will allow you to rest for 30 minutes. The sounds will be with you, to guide your way into deeper and deeper peace and silence.

It is wonderful to take three deep breaths, to sink in deeper relaxation, Just deep enough to feel well and pleasant and to dream... .. play the heart and the pelvis bowl in a calm rhythm ... Everything is possible in your dreams...and so you could follow me... to a wonderful place ... a beautiful beach...waves... a lagoon... like a big lake with an island inside ... play the sound bowls once ... You listen to the waves, you look at a lagoon.. Have a look around, who is joining you on this journey? Who is sitting at the wonderful beach with you? It is up to you what kind of picture you want to visualize. If you are by yourself, that is fine. If you are a group of people, maybe with your family or friends that`s also fine. Everything is great the way it is. Just perfect. ... play the sound bowls once

Enjoy the sounds... listen to the waves. Maybe you feel like going down to the water, to lie on an air mattress, carried by the water, and float. The air mattress feels just perfectly warm and good under your back. Just right ... play the sound bowls once ...

The waves can feel like a gentle massage, flowing through your whole body, and you realize how wonderful it feels, how relaxing and light. Your air mattress is softly swaying and massaging you, while it floats off the shore towards the island. ... play the sound bowls once ...

While lying on your air mattress you relax more and more. ... play the sound bowls once ... It feels just right. You feel very light now. Now that you know you will securely arrive on the island. On your own, inner island... Arriving. ... play the sound bowls once ... Soothing sounds and the wonderful smell of herbs invite you to be free, to enjoy the silence and the vast. It is an invitation to provide space for your soul, deep inside of you. ... play the sound bowls once ...

You hear the birds up in the trees, and their singing sounds like happy giggles. While lingering here, you realize how it is possible to create your day in a way so the power inside of you can unfold completely. And while you are still thinking about it, your subconscious mind is already doing the first step of change that are necessary to get to where you are right now in your everyday life, to this exact spot where you are in this moment. ... play the sound bowls once ... There is a secret way from your inner island into your life. Now you are able to find this secret way that only you know about.

... play the sound bowls once ... It is possible to come back to your inner island anytime. To a place where you've got time to be friends with yourself . To listen to your own wishes and needs ... play the sound bowls once ... You feel the sounds which flow through your body with streaming power... with freshness and clearness... and you come back to the here and now, to the consciousness of your everyday life. ... play the sound bowls once

Your feet are fresh and full of energy. Your arms are fresh and full of energy. Your mind is fresh and full of energy.