

Journey to “Secret Cottage”



Find a quiet space to sit upright or relax comfortably. Take a few moments to center by taking 3 deep breaths while imagining yourself walking through an open meadow. As you walk through this meadow you will come upon a door amongst the brambles of the forest that surrounds this meadow.

Take a few moments to look closely at this door. What does that door look like, is it old, made of wood, iron, glass, or? Are there any symbols on this door? What is the shape; rectangle, round, arched, or?

This door beckons you to open it. Notice the handle as you open the door.

Enter the Garden Gate



When you have fully opened the door you will see a garden presenting itself to you.

What does it look like? Do you see anyone, any animals, birds or what might be symbols? Look down now and notice the path that lies beneath your feet. What does the path look like, what is it made of? Is it straight, curving or?

Close the door behind you. Step on to the path and follow it through the garden until you come upon another door. Be aware of what is around the path and in the garden until you reach that door. What does this door look like? Take a deep breath in and then release this breath. Reach for the handle and open this door.

Visit to the Cottage

As you open the door, you see a cottage illuminated by candlelight through the windows. The cottage is welcoming you to come closer. Close the door behind you. As you walk closer to the cottage do you see anyone, any animals, birds, symbols, or activities happening?



As you get closer to the cottage you notice there is a small fence surrounding its property with a gate located at the beginning of a walkway leading to the cottage door. Open this gate. What does this cottage look like to you? Walk towards the cottage. When you arrive at the door leading into the cottage you will open it. You will see one of your guides sitting by warm and inviting embers within the fireplace. Your guide welcomes you and invites you to sit on the chair, stool or sofa in front of him/her. Walk gently towards your guide.

Your guide is kind, loving, and compassionate and has tremendous wisdom. His/her eyes are soft and gentle but focused upon you. Take a seat facing your guide. This guide has been waiting for your visit.

You may now ask your guide a question or inquire for insight on a direction that is upon your heart and mind.

Keep your focus on your guide and wait with gratitude and intention to what your guide will share with you through his/her gift of words, actions, symbols and/or feelings.

Once you have received your gift, be very kind, gracious and grateful to your guide for being available and his/her wisdom shared. It is now time for you to leave the cottage.



Walk towards the door, turn around and say thank you once again. Walk out the door, closing the door softly behind you.

How are you feeling? Contemplate on your experience as you walk forward through the cottage gate. Turn towards the door leading to the garden and walk to it.

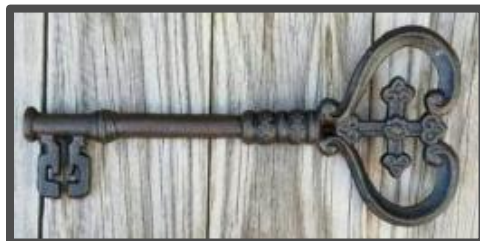
When you have reached the door to the garden, look back and say thank you once again. Open the door and walk through, closing it gently behind you. Take in the essence of the garden. Is there anything (people, animals, birds, symbols) that appears as you walk the path back to the door that will lead you out of the garden?

Open the garden door and be sure to turn around and give gratitude with a smile. Close this door behind you. Begin to open your eyes, take 3 deep breaths and become aware of your surroundings.



If you choose, this would be a good time to write down your experience and the thoughts and feelings you had and are having about this journey. It may be helpful for your understanding to research any of the animals, birds, people or symbols that presented themselves to you during your Secret Cottage experience.

You can always return to your Secret Cottage and ask your guide(s) for information. You possess the key to your journey!



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