

THE ORCHARD OF ABUNDANCE RITUAL

Simply close your eyes and continue to breathe deeply for a few moments.

Try to imagine as you breathe in, that you are standing under a waterfall that showers down golden water on your head. It is soothing and supportive as it touches your hair, and then you breathe it in and it moves down into your forehead, then into your eyes, cheekbones, nose and ears. Now the golden liquid covers your mouth and your scalp, and then moves down your neck as you breathe it in. It is a wonderful feeling being showered in gold. You can sense the angels are laughing joyfully because you have now opened up to receiving their abundance. Now the golden liquid moves over your shoulders and down into your arms. It fills your elbows and moves down your lower arms and into your hands, fingers and thumbs.

As you continue to gently breathe in the golden liquid, it now moves down over your chest, down your back and all the way down your spine. As it moves down the vertebrae of your spine it is as though it is moving down a staircase, step by step, gently and easily. Now the golden liquid moves into your heart and your lungs, and moves down to your waist. It is a wonderful feeling being filled up with golden energy.

And as you breathe in, the golden liquid now moves into your stomach, into the lower torso, helping you to digest life with ease and joy. Now it moves into your organs of elimination and into your hips. The gentle golden liquid helps you to move forward without being tied to the past.

Now the liquid moves down your legs and into your thighs. You feel relaxed, warm and comfortable. You know the loving abundance of your angels is healing you now. You enjoy the feeling as the golden liquid moves into your knees, your calves, your shins and down into your ankles. Now it is moving across your feet into your toes, and all the while your body is filled with the wonderful golden energy of the golden waterfall. You welcome this golden energy into your life and thank the angels for their help and generosity.

Now imagine that you are outside a walled garden. There is a doorway in front of you. You open the door and, as you step inside, you know that your angel has joined you here today.

You find yourself in a large walled garden. There are many trees in the garden and you realize it is an orchard. You see lots of people about, and you know that their angel is with them. Your own angel greets you and beckons you to follow a particular path. You do so. The pathway passes many people who are busy collecting their harvest from their trees. Your angel explains that everyone has their own tree, and now you know you are making your way to your own.

You feel quite excited. You never knew you had your own tree before and you wonder what awaits you. Now you see that in the near distance a particular tree seems to stand out. Its branches are laden with all sorts of strange fruits. As you come closer, you realize the branches aren't carrying fruits, they are carrying money! Your angel explains that this is your special tree. All harvest is for you and you alone. You see there is a huge harvest awaiting you.

Looking around you find a receptacle which you can use to carry away your harvest. Your angel reaches up to a nearby branch of your tree and shows you how to shake it. You do` so. The branch feels heavy as you shake it and now money starts falling down around you. It is as though you are standing under the waterfall again, being showered with abundance! You notice all sorts of denominations of notes and some cheques with your name as the receiver. You might even recognize some of the signatures on the cheques. You begin to collect your harvest in the receptacle you chose. Soon it is filled with abundance, yet there is plenty more still on the tree.

Your angel reminds you that this is your tree and you can come back and shake one of its branches whenever you feel you need extra abundance in your life. You feel light and cheerful as you carry your abundance back with you. You know there will be more than enough left on the tree no matter how often you visit the orchard of abundance.

You thank your angel for its generosity and for being your companion here today. Now, you open the door of the walled garden and feel yourself sitting here once more. You take a deep breathe in and now, as you breathe out, you can feel your fingers and your toes. As you breathe in and out again, now you can feel your entire body from the top of your head to the soles of your feet. And now, as you breathe in and out again, you know it is time for you to open your eyes and return to this room, feeling refreshed and much more abundant than before.