

# Welcome to Guided Imagery Meditation for connecting with your Angels and Guides.

Find a comfortable seated position and take a deep breath in and exhale slowly. Close your eyes and let your mind relax.

Visualize yourself walking through a peaceful forest. You hear the sound of leaves rustling under your feet as you walk. You feel a gentle breeze on your skin and the warmth of the sun on your face. As you walk, you come across a path leading to a mossy covered grass area next to a flowing stream near a waterfall.

As you walk towards the stream, you notice the sound of the flowing water and the mist rising from the waterfall. You take a deep breath in and exhale slowly, feeling a sense of peace and calm. Take a moment to observe your surroundings. Notice the colors, sounds, and scents around you.

Now, imagine your angels and guides are with you. They are here to support you, guide you, and protect you. Feel their presence with you in this moment. As you sit on the grass, close your eyes and take another deep breath in and exhale slowly.

As you breathe, feel the power and light of your higher consciousness within you. Allow yourself to connect deeply with this power and feel it radiating from your being. Notice any messages that come to you from your angels and guides. They may come in the form of sensations, images, or words.

Take your time to receive these messages and allow yourself to fully integrate them.

When you are ready, take a deep breath in and exhale slowly. Feel the gratitude and love for yourself, your angels, and your guides and say thank you for the messages you received

When you are ready, slowly open your eyes and come back into the present moment. Take this feeling of peace and calm with you as you continue your day. Remember that you are always connected to your higher consciousness and your angels and guides are always there to support and protect you.

I hope you enjoyed this meditation!

Peace, Love and Light

*Indigo Owllet*

