
Envision yourself walking down a forest path

Envision yourself walking down a forest path, towering snow covered pine trees on either side of this path. Feel the cool crisp air on your face. Take a deep breath in and exhale sharply. Now take a deep luxurious breath in and exhale out slowly. God's energy is with you and will open you more easily to receiving the wondrous energy you are about to feel.

Directly ahead you see a deer waiting for you with a ray of sunlight beaming down on it. As you approach this deer and are also surrounded in the warmth of the light, you remember a time from the past when you were safe and joyful - a happy moment, a peaceful time when you felt loved. Let the feeling and memory take over your whole being. Stay with this sensation and breathe deeply and slowly.

When ready, thank the deer for helping you bring forth the bliss and as you walk back out of the forest, notice the light of love glowing from within and around you. You may open your eyes and be present in the now. Bring this gift of light and love to everyone you encounter.

May your holiday season and new year be filled with light, peace, prosperity and loving kindness.

With blessings of hope, joy and light,

Averi
AVERI TORRES

