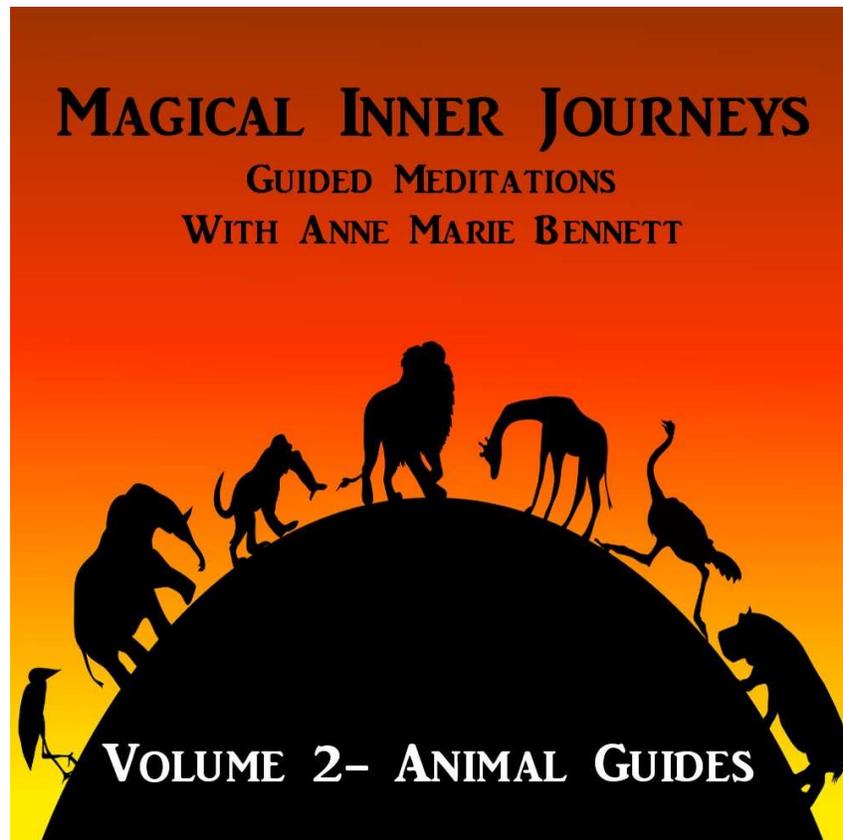


Guided Meditation
Scripts & Audio Downloads



Meeting an Animal Guide
Animal Circle

www.KaleidoSoul.com

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- 1. Use the meditations for your own personal inner work*
- 2. Use the meditations in group settings
where you read the scripts aloud
(or play the recordings)
to facilitate a guided experience for others.*

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*Lots of love, deep inner listening, and creative energy
were called forth for the creation of these guided meditations.
Please honor and respect Spirit, from whence they were born.*

*To give feedback or to contact the author, please email
annemarie@kaleidosoul.com.*

These Magical Inner Journeys
are brought to you by
www.KaleidoSoul.com
Spinning the fragments of your world
into wholeness and beauty
through SoulCollage®



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Introduction

If you choose to use one or more of these scripts to facilitate a guided meditation experience for others, please preface the journey for them by reminding them that not everyone “sees” things during a guided meditation. This is very important, because our goal is for them to move a bit closer to their own soul during the journey, not to give them one more reason to believe they’ve failed.

In the years that I’ve been using these guided meditations, many people have shared experiences with me where they weren’t able to *see* anything, but they did *hear* something. Or they *felt* the environment with imaginary kinesthetic touch. Or they just had a deep sense of inner knowing about something during the inner journey. All of this is perfectly okay!

And once in a while, someone doesn’t see, hear, feel or imagine *anything*. That’s perfectly okay as well. Certain inner journeys just don’t “fit” with some people. And sometimes, a guided meditation needs to be listened to and experienced more than once in order to sufficiently relax and open up a person’s inner world.

Also, at the end of facilitating one of these Inner Journeys, please allow participants ample time to process their experience. You might want to give them several minutes to write in their journals, or you might want to invite small group voluntary sharing. It also might help to make yourself available afterwards for a personal conversation about their experience within the meditation.

It’s really important that each person have a way to express and integrate the guided meditation experience. For some people, this means verbal sharing with others; for others, this means time to absorb it quietly and in solitude, into their own reality.

Each of these Magical Inner Journeys was given to me as a direct gift from Spirit. I hope that you enjoy experiencing them and facilitating them as much as I have. Thank you for your interest, and I wish you many blessings on all of your own inner journeys.

If you have any questions, please email me: annemarie@kaleidosoul.com

A Word About Animal Guides

You can think of Animal Guides as imaginary companions on your life journey. You might also think of them as Power Animals or Totem Animals because each one imparts a special power to your life. They may seem imaginary, but their energy is very real and very special.

By observing how each animal lived, found mates, located food and protected itself, Native Americans were able to define the animal's particular strengths and weaknesses. For example, bears hibernated during the winter, so it was said that they possessed the magic of dreams. They were also formidable foes, so Bear Energy was also about physical power and strength.

Native Americans as well as other cultures used Shamans to help them connect with the Earth around them, and with the power of the animals. Using dreams and visions, these Shamen would connect with the "manitou" of the animals. The manitou of an animal is its primal spiritual energy- *wolfness*, *deerness*, *foxness*...etc.

It's fascinating to note that different cultures (not just Native Americans) came up with similar interpretations for all individual animals.

How do you discover who your Animal Guides are? You might already know! Stop and think for a moment. Are there any animals that you have always been particularly drawn to? Do you have a special connection to any animals?

Animal Guides also make themselves known to us in dreams. Pay attention to any animals that show up in your nighttime meanderings.

Also notice animals in your day-to-day life. Are you seeing Spider everywhere? Has Crow suddenly made an appearance in your neighborhood? Is Chipmunk paying you daily visits in your backyard?

Another way to discover your personal Animal Guides is through the art and process of SoulCollage® as created by Seena B. Frost. You might find her book helpful, as well as her CD: [The Companions Suit](#) which has more information about Animal Guides on it.

It's really important to honor our Animal Guides or Companions, no matter how they make themselves known to us. One way to honor them is to pay attention to what they have to say to us. You can do this by using the following Magical Inner Journeys, or by journaling dialogues with them. Invite them into your life, and your journey will be blessed.

For more resources on working with Animal Guides, please visit www.kaleidosoul.com/animal-totems.html

Audio Downloads

Intro Track (2:30):

To listen online, click here:

<http://www.audioacrobat.com/play/WSwcFgbs>

To download as an mp3 file, click here:

<http://amber56.audioacrobat.com/download/1ac6d268-5202-5cb3-ad05-0736349032f0.mp3>

Meeting An Animal Guide (24:49):

To listen online, click here:

<http://www.audioacrobat.com/play/Wd1pyRZs>

To download as an mp3 file, click here:

<http://amber56.audioacrobat.com/download/1bc7f362-31cd-e673-8a7f-ee4918e1acdc.mp3>

Animal Circle (23:14):

To listen online, click here:

<http://www.audioacrobat.com/play/WLWM2hps>

To download as an mp3 file, click here:

<http://amber56.audioacrobat.com/download/d1a8e59c-e989-acd5-05a4-4328b09daaad.mp3>

Meeting an Animal Guide

Visualize at your feet a beautiful, soft, warm blanket. What color is this blanket? Choose a color that is special to you right now, in this moment. Whatever color you choose, the blanket is. This lovely blanket provides you with a sense of well-being and feeling loved.... Imagine that you are pulling this beautiful blanket slowly up and over your body. Feel it moving over your feet, relaxing them. Feel it moving over your legs, relaxing them. Feel it moving over your stomach, removing all tension.... Over your chest, removing all stress.....

With every breath you take, you are becoming more and more relaxed..... more and more peaceful.....breathing in..... breathing out.... Now continue to pull the soft blanket over your arms, relaxing them.... relaxing them..... as you move this beautiful warm blanket over your neck, the muscles of your neck relax..... and the blanket shapes itself into a hood that covers your head lightly....Your face muscles completely relax..... Now you are completely enveloped in this soft, safe blanket, and you feel the color saturating your body and soul..... as you continue to relax.....relax.....relax....

See yourself now walking down a path that is outside somewhere in nature..... choose your favorite place in nature.... And walk there slowly now..... look around you and notice every thing..... plants.... Trees.....flowers..... stones..... dirt.....water..... sand..... notice the colors and shapes of this beautiful path you are on.....

Now you are coming to a clearing..... a big spacious wide clearing is in front of you on your path..... walk to the very center of this clearing and twirl around for a moment.... Fling your arms out wide and spin lightly in the center.....

Come to stillness now...slowly.... Slowly... you are standing very still.... In the center of this clearing..... you are standing completely still now

Now imagine that every animal known to humankind is slowly entering this wide, safe space that you are standing in..... they are forming a big open circle all around you..... imagine the animals coming in one by one..... Listen to the sounds they make.... Are there any particular smells as they join the circle..... there is no need to be afraid.... This is a very safe place for you and for them..... watch and listen and observe them as they form this circle all around you.....

You are feeling very curious about these animals..... you believe they each have wisdom to share..... and you are certain that one of these animals has something very special to give you right now at this moment..... so turn slowly..... slowly around in the center of the circle and say out loud in your imagination “Who wants to come forward now?” and watch what happens.....

..... an animal has joined you in the center of the circle..... whatever animal it is, welcome it with a smile and curious delight.... be open to its energy..... Ask it who it is, and what wisdom it wants to share with you today..... Talk with it..... Listen to it..... be open to anything it wants to say to you or do with you.....

LONG PAUSE

It's almost time to say goodbye to your new friend now..... But before you go, if you choose to do this, ask this animal companion to touch a part of your body..... simply watch what it does when you ask it this.....

..... now ask your animal guide if it has a gift that it wants to give you before you leave.....ask it if it will give you something to take with you so that you can remember this special encounter always..... And watch what happens..... What gift does your animal hand to you.....

..... it is time to leave this clearing now..... Find a special way to say thank you and goodbye to your companion animal..... then bow lightly to each of the animals in the circle that surrounds you.

Then in your own time..... and in your own way.... Step out of the circle..... and follow your special safe path....back and back.....until you are able to feel yourself sitting on your chair....or lying on the floor or the bed....wherever you are....

And now, bring yourself back to your breath... feel your breath as it enters through your nose and mouth, shimmers thru your body, then exits.... Feel your stomach rising and falling with each breath....

And begin to feel your body again.....your feet.....legs..... torso.....chest.... arms..... head..... You may want to lightly flex your fingers and toes, gently shake out your arms and legs.....you may want to shake off the soft blanket that you've been wearing.... Or you may choose to leave it on...

Animal Circle

Just take a few moments to make yourself comfortable... relaxing... breathing sweet air in and releasing any stress and tension.... Honoring yourself for giving yourself this time to journey inward.

Taking the time to make your body as comfortable as it can be right now... maybe adjusting a leg or your neck... until you get to a place of ahhhhh... just right relaxation... you deserve this comfort... you deserve to fully relax and be present with yourself during these next minutes of quiet time....

Breathing in the clear lightness of the sky.... And breathing out any stress or tension or worry.... Breathing in the sky... and breathing out anything that gets in the way of that sweet light feeling of being at home with yourself...

Now in your imagination, find yourself walking down a forest path... you are lighthearted and carefree and completely safe... curiously exploring your surroundings. What do you see on this woody path? What do you hear? Are there any scents that make you inhale deeper?

As you walk, you soon come to a clearing... a magical clearing surrounded by the silent forest... take a moment now and stand in the center of this clearing for a moment... close your inner eyes and listen.

Listen deeply to the sounds of the Earth... let your listening take you deep in the center of the earth and deeper into the mystery of this inner forest that lives in your soul... You hear some soft giggling... allow yourself to giggle too. Be with this lighthearted carefree energy. Feel its happiness coming into you... into your body, your mind, your spirit. Listening a little deeper, you hear the sound of beautiful singing. You have never heard such singing... is it one voice you are hearing, or is it many? Feel the singing surround you, allow it to enter your soul... allow the joy that this singing brings you... feel it in your body... join in with it if you wish. Listening even more deeply, you hear a symphony... earth's deepest inner music... earth music... It makes you want to dance. So within yourself, go ahead and do that. Dance in this forest clearing... however you want... feel how free you are... how light... how comfortable... how creative...

After a while, allow your dancing to come to stillness. You can still hear the earth music... the singing... the giggling... it is within you now. Savor it as it fades into silence, knowing that you can turn up the volume whenever you want to hear it again. Now enjoy the silence of this beautiful clearing... the sun feels warm on your head, your face, your arms and chest... your legs feel strong and grounded.

It is time for your animals to join you now... so clap your hands three times and call out for them to join you. Watch your animals form a circle around you... your own companion animals that have made themselves known to you throughout your lifetime. There may be just a few at this

time, or there may be several. However many there are, know that it is exactly right for this time and this place in your life.

So just stand there now in this circle of animals... these are your companions on your journey... they have joined you today to share their wisdom and power and strength and joy with you. Feel their energy flowing toward you... open your arms wide and slowly turn around, receiving this energy... accepting it... absorbing it into your body... even if your rational mind doesn't understand how it can be so, just smile and accept the love that these animals bring to you.

Notice that the mood of your animals today is light and festive... it feels like a party... a celebration... They are delighted to be with you... and it seems that, together, they have created a surprise for you.

And now it is time for them to give you their surprise gift... watch as they present it to you together... what are they giving you? What do they say as they bless you with it? Or are they silent in the giving?

Take some time now to explore this gift with them... PAUSE

It's almost time to leave now... so find a way to thank and say good-bye to your animal guides for now. Know with absolute certainty that you can come back here to this Animal Circle at any time, just by closing your eyes...

And when you are ready, leave this sacred circle... Follow the forest path back and back and back... following the sound of my voice back into this time and this place... taking your time... Taking as much time as you want... no hurries... just taking this time with yourself... Breathing a bit more deeply now... becoming aware of your surroundings, aware of the sound of my voice calling you back to this reality... You might want to wiggle your fingers and toes, or shake out your arms or legs lightly... breathing... breathing... bringing yourself back to this time and place... and when you are ready, opening your eyes and grounding yourself back into your life... bringing with you the gift of the Animal Circle, which has deeply and profoundly blessed you.

Author/Artist Bios



Hi there! I'm Anne Marie Bennett and I'm delighted that you've decided to explore some of my *Magical Inner Journeys* today.

I am an author, artist, follower of rainbows, soul server, SoulCollage® Facilitator and Trainer of Facilitators. I have been imagining, creating and using these Guided Meditations since 2005 in my SoulCollage® workshops, retreats and trainings.

I deeply believe that we are *all* lit from within and connected to Source. I also believe that *all* of our inner voices (or inner parts) have important blessings to share with us, if we will only take the time to listen.

I live, love, laugh, write, sing, dream and hang out with my husband, cats and dog in eastern Massachusetts.

www.KaleidoSoul.com

www.AnneMarieBennett.com



Mark Stanton Welch is a musician, songwriter, performer, educator, facilitator and visionary. For over 20 years, his music and CDs have touched the hearts and minds of New Thought audiences worldwide. Currently serving as music director at Unity Church in San Luis Obispo (California), Mark also travels internationally to provide musical support for conferences and churches. A long-held dream to write music for authors and accompany them at workshops has been realized in a current association with intuitive Sonia Choquette. For more information, please visit www.MarkStantonWelch.com.



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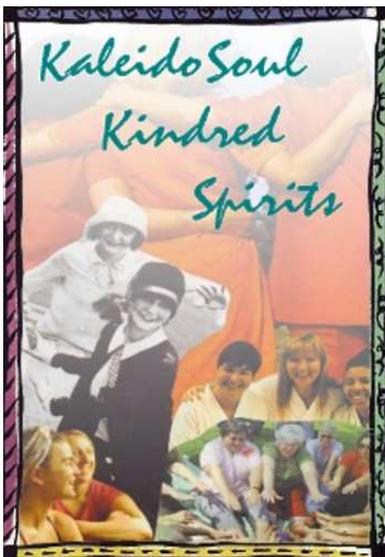
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