



Dragon Ride

Take a deep breath and centre yourself. Find that still place within yourself. Comfortable and relaxed. Now imagine you are going for a ride. Not in a car or a plane, but something a bit more interesting. How about a dragon? There is a group of them just waiting for you to pick one of them. Look at them and decide who you would most like to go with. Walk up to your dragon and tell him your name. Let him introduce himself. Having greeted each other, climb into the saddle on his back. Get nice and comfy. Dragon checks you are okay and then you begin your trip. Lifting up off the ground, you climb up into the sky. Effortlessly moving through the air, the ground far below. Feeling free and happy. Picking up the Dragon's contentment and pleasure of being able to fly. Flying over the land below. Slowly you realise that you are flying over snow and ice. Crystalline beauty reflected everywhere. Pristine landscape devoid of mankind. A mountain range of ice looms up. Towering in front of you. Your dragon is getting excited. You can feel it too. What is happening? Where are you going? The mountain range is now closer. You look but can't see anything to get excited about. But your dragon is definitely excited. A rumbling noise is coming from his throat. Not quite a purr, more like a deep tonal call. You can feel it vibrate out of his body and join with yours. You somehow recognise this, unconsciously recall what it is. You join in. Two creatures as one in the air, instinctively calling to the mountain range. With a feeling of homecoming, of joy in returning to family, of where you belong. You are so totally caught up in this unity, the feeling of being at one, that you fail to notice that part of the mountainside has opened up. An entrance is revealed. Your dragon is flying into this. You have the quick sensation of cold rock and dark before emerging back into sunlight. The open space in front of you is still edged with snow, but its central area is clear. You land, surprised at the warmth coming up from the ground. Dismounting, Dragon nudges you towards what looks like a spa sunk in the ground. You peer in and see what looks like liquid clay, fluid mud. Dragon chuckles at your thoughts of revulsion. You turn to him, daring to challenge him as to what he finds funny. But before you get to say anything Dragon has grabbed you in a hug and jumped in! He is now laughing at you. You struggle to get out, but Dragon is not letting you go. Still laughing he says, feel with your heart, little one, stop thinking with your head. Obviously Dragon is not going to let you escape so you relax. At least the mud is warm. And to be truthful, it actually feels quite silky on the skin. Not like mud at all. So let's forget that it is mud. Wow, Dragon has finally released his hold on you. Cool, let's get him back. You splash mud up into his face. He splutters and instantly responds by flipping his tail. You get showered in mud! You sit back in shock for exactly one second, and then crack up



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laughing. So does Dragon. Continue to play in your tub. Make sure Dragon gets totally covered in the mud. Help him with those hard to reach bits. Let him scrub your back. Have fun together in this warm mud spa. Enjoy its smooth talcum powder like texture. Play til you are both totally happy and blissfully saturated.

Once you reach this stage, step out of your bath. The mud slides off your bodies. You look at Dragon. His scales now glow, metallicly fluorescent. He is totally contented, happy and open. You can see his heart in his chest. He's grinning at you. You grin back. He points to your chest. You look down and see that you also glow. Your skin looks as if it has light coming up out of it. And you can see your heart centre. Full, vibrating, glowing. You look back at Dragon. He is looking back at you with pleasure and pride. He tells you, that if you have the courage to fly with the Dragons to the old place, and be there as a child, you open up to the true you. The mud aids the removal of the layers of grime under which you hide. You played openly and well, and thus you now shine. Be proud of who you are and let the rest of the world see you as I see you.

You thank your Dragon and get back on his back. And before you know it you are leaving the mountains and returning home. Your skin still shines and your heart is full. You vow not to let them get tarnished, to let everyone else see the true beauty that is you. To be proud of this, and not hide anymore. Dragon gently lands and you get off. You say goodbye, and in your own time return back to the room.