



## Elfhood

Please sit yourself comfortably, legs uncrossed, body relaxed. Now take a deep breathe, from the bottom of your stomach, and up to the top of your lungs. Hold this here for a few seconds and then, as you release it, let go of all tension. Take another deep breath, stomach up into the lungs, hold and this time as you let it go, sit back into that place of centeredness with in you. A place of peace, of calm, a place of magic. This is your inner sanctum, gently vibrating with the potential for any thing. Be in this space a little while.

Now please see in front of you an avenue of trees, begging you to go exploring. Journey down this archway of trees and just when it seems to have reached its darkest, densest part, see an exit ahead, lit up with brilliant white light. Travel towards this light and step into it. Into an open clearing. A circular clearing, surrounded by the trees, bathed in warm golden sunlight, gently perfumed yet oddly silent except for a barely noticeable hum. You look around, admiring the perfect symmetry, enjoying the feeling of cosiness and safeness this place emits. A perfect haven, a great place to retreat to, a magical spot.

You look at the tall trees protecting this area, and suddenly you realise that they have features. For you have stepped in an elf ring, and are looking at it's guardians. "Welcome", they breathe to you. "Welcome beloved one. We have gifts for you. Gifts for journeying. Would you like them?"

And as you nod yes, a single leaf floats down. A single, green leaf. You catch it before it hits the ground. You look at this leaf, one ordinary green leaf, and decide to place it in your shirt pocket. The shirt pocket that is over your heart, and as you place the leaf within, this thought, this knowing enters your head. "You are never alone".

Accepting this knowledge, you look down at the ground. One tree root is nudging a pair of shoes towards you. Instantly you realise you are barefoot. You gratefully accept the shoes. Slipping them on, a perfect fit of course, you immediately feel energised and eager to dance. You take a couple of skips and jumps, and as you do, you realise you have an external source of energy. Shoes with soles that never wear out. Energy that if tapped into, will never let you tire on any journey you choose to make.

This is worth a big, childlike caper around the clearing. And what funs this is – that is, until you stumble over something. Annoyed, you look at what interrupted your fun. It is a daypack. Nothing fancy, but it does have your name on it and something else you can't quite decipher. Sitting down, you open it. But it is empty. Not much value in that you say. And with your thoughts drifting off, you realise you are hungry. And suddenly your empty daypack has food in it! Thirsty you think and there is a drink. Cap for my head, and yes, there is a cap also in this daypack!!

And now that missing word has become clear, and it reads Abundance. Yes, this is your own bag of abundance. And, as long as you co-create with it and your higher self, it will supply all your needs. A handy tool for any adventure.



# mary

And so you claim this bag and put it on your back, where it magically moulds into you, weightless as the leaf in your top pocket.

Wondering if there are any more gifts to be had, you look around. Your eye is drawn to the centre of this elf ring. There is something quite small there, yet it is throwing off such brilliant light. What is it you wonder. You approach it, but still its radiance shields what it actually is. Daringly, you put your hand into this white light. Your hand disappears, but still you explore. It is like a magnetic pull, willing you to grasp what it is that is hidden beneath by this light. Your fingers are eager, tingling in anticipation. You push in a little further, and yes, there is something here. Reaching in your other hand, you gently clasps whatever it is and draw it out from the light.

And in your hands is a crown! A gossamer thin, golden light crown. It also has your name woven into it. Your hands vibrate with the pleasure of holding it. Your heart aches for you to put it on. Yet it looks so fragile, you are sure it will break. You raise it to your heart level, and your heart knows, vibrates, with the resonance of remembrance of this crown. It now feels strong and solid in your hands. It wants you to own it. You raise it to your head and it slips on so, so easily. For you were born regal, and this is your royal crown.

You straighten your back and stand happy and proud. And then it feels as if your crown is dropping, sinking down inside your head. And in doing this, it is shedding its light into all areas of your head, reconnecting past knowledge, reawakening your inherent wisdom, reminding you of all that is.

And now it sends a column of light/energy further down, connecting to your heart. And your heart accepts this column of light, absorbs it and then bursts open. Your heart, flooding in, and then flooding out, with vibrant light and love. Continuous flowing, in the light of unconditional love. Yes, unconditional love.

It is a glorious feeling, of being loved and able to love. A feeling of abandonment, yet of strength and control. Of unlimited expansiveness, of the power to be able to do all things easily. You know unconditional love for yourself, and thus you are able share this with others. Your head has remembered its wisdom, and now it has your heart to guide it. You can conquer the world. You will conquer the world.

So with an open heart and wise mind, you feel eager to experience life and continue your journey. But elfland has one final gift.

You look at your hands, the ones you dared to reach into the light. They are still tingling and now you see why. For they are covered in fine golden threads. And as you watch these threads of energy, they dissolve into your hands. And the elf trees whisper to you, "compassion, compassion for self, and compassion for all mankind".

Oh what gifts you have received today. You entered this ring as the unknown explorer, and because of your courage, you were able to see your gifts. Take them deep within yourself and become the famous explorer of the journey of life

Look around your elf ring and decide where you will exit. Just step up to the trees, and a pathway will reveal itself. But before you step onto this pathway, give you and the elf ring,

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Continued



**mary**

a big loving thank you for what you have been honoured with today. Tell the trees you will use the gifts wisely, to journey well, and that you will return one day, with the stories of your adventures.

Then step onto the path, and follow it back out, carrying your gifts with you. Step back into this dimension, take a deep breath and play well with your new gifts!

