

Astral Meditation

Tutorial One

Meeting your Guide and connecting with the Sun God

The first meditation that you do is all about establishing a strong trustworthy contact with your Guide. Most of my clients share a fear that it won't happen for them; they are not good enough; enlightened enough, or that there is no one who can help them and no way out of their current difficulties. There is a place inside you, it's there for everyone, and you can get there and be wonderfully guided. Depending on your planetary configuration you will have varying levels of success the first time and I have included a section on the difficulties you may or may not experience with a series of questions and answers. It will probably be more useful for you to try the meditations first before reading the questions and answer section.

Firstly make yourself comfortable and make sure that you won't be disturbed for at least an hour.

Now I want you to play with your imagination. The first mediation is often quite hard work, you will be making connections across your brain to areas that probably don't have clear pathways. So you may well feel quite tired after this session and need grounding and fresh air! After a few meditations you will have built a large highway and will be energised after your inner work.!

You will find it much easier to stay in the meditation if you imagine that I am sitting with you and that you are talking to me and giving me a running dialog every inch of the way. Just keep talking out loud all the way through this meditation. Even better if you can tape this session which makes it much easier to write up afterwards.

"Imagine that you are sitting on a beach. Your knees are pulled up to your chest with your hands wrapped around them. Its hot, pleasantly so, with a gentle breeze that lifts the heat from the sun and caresses your skin. Ahead of you is the sea, azure blue far out getting more turquoise closer to the shore. You can hear the waves gently brushing against the sand with a faint hiss as they flow in and out, tumbling the grains against each other. There is a light wind which caresses your skin just lifting the heat from the sun bring a faint smell of wood smoke in the air, maybe there are fishermen drying their nets on a beach around the corner. You can also hear the wind whispering and rustling in nearby palm trees.

Now look down at your knees, check that you are in your body looking out of your own eyes, your will see your hands wrapped around your knees. Lift your right hand and place it on the sand to the right of you. How does this sand feel, is it warm or cold, wet or dry, does the sand flow smoothly through your fingers or clump together. Now test the sand at the left side with your left hand. Hold your hands in front of you and notice whether you have any rings or watches on? Look down at your body and check what you are wearing, don't be surprised if the clothes you have on are not in your current wardrobe! You may be completely naked which is always nice and free. Are you barefoot?

Try standing up and walk a few paces to the incoming water. Watch your feet as the waves gently lap around your toes. Feel whether the water is warm or cool, can you also feel the tug of sand beneath

the ball of your foot?

If you turn around and look behind you, you will see a rocky bit at top of the beach where the sand gives way to cliffs and foliage. You may even be able to see your cave right there but sometimes you need to walk up to the cliff first. If the cave is not readily visible look around the corner. You will find it!

Start walking towards the rocky bits. Notice the sand and bits of seaweed, shells and driftwood on the tide line. Some of these may be sharp beneath your feet. Its useful to have a feeling of excitement at exploring this new landscape.

When you are standing in front of your cave notice what sort of cave you have created there, big sea cave or small tunnel, what sort of rock formation is in front of you, place your hand on the rock on either side of the cave, is it warm and smooth or cold and sharp?? Duck your head into the cave and look down and tell me what you are standing on. Sometimes sand, sometimes stone, or pools of water. What do you have there? If the cave is really dark you can use the large yellow electric torch that you will find on the ledge on the right hand wall, its about three-quarters of a way up the wall and cut into the stone. However your eyes will adjust to the lower light levels if you wait for a second. The door way to the new landscape is always at the back on the left. Again describe the doorway to me, often vaulted or gothic doors with heavy iron fastenings but you may have something different. Open the door and pass through. Check what you are standing on by looking down at your feet. Grass or leaves, maybe a sandy path. Have a look around and see where you have come out. There are twelve and more varying landscape environments, and you will have arrived in one of them. These vary from panoramic savannahs to tropical rainforests or Victorian herb gardens!! All beautiful when balanced! As you stand there taking it all in, look to your left and image an animal coming towards you down a path. This is no ordinary animal but your Power Animal or Natural Guide from the Earth Realm. Take the first animal that comes, whatever it is. Maybe a rabbit, wolf, black panther, elephant, bird, or even an armadillo! When the animal is close enough to talk to say these words (politely!):

"Please take me directly to the feet of my Astral Guide who will guide and protect me during my meditations?" The animal may speak directly to you with a "yes"; or maybe just a nod; or perhaps it will just start walking off towards the right. Follow...do not lead!

Walk behind this creature, you will be able to see a tail or hindquarters walking in front of you, the animal may tell you to climb on its back (tigers and horses sometimes do) or if its an elephant it may lift you up with it trunk and place you on their back. During this journey notice the landscape that you are passing through, you may see other people around, but if your animal does not stop in front of them then just say hello and that you will come and talk to them when you have your Guide with you. The length of this journey is connected with your internal resistance and impatience to get to your Guide. However you are already with a Natural Guide so relax and enjoy the trip.

[If after a few meditation sessions you still haven't got to a Guide figure then give the animal permission to push through your resistance to working with a Guide, tell the animal that you want to do this work and ask it to go directly to the feet of your Guide. Alternatively ask the Power Animal

whether he can transform into human shape and take you to your Higher Guide in that form.]

At some point the Power Animal (Natural Guide) will stop. Look around, particularly at ground level. You are looking for a pair of feet. Usually older feet and male. Guide energies are sometimes misty the first time you meet them and not always obvious. Gradually bring your gaze up, describing this figure as you see it. In my experience Guides are often from a much earlier time; usually wearing simple clothes. Your first Higher Guide will usually be a man. Don't try to look at his face for a little while yet since it will be still misty. Ask him if he is your Higher Guide who will protect you and guide you on this plane? Ask him if he can help you integrate your astral energies? If there is any doubt or he says "No", thank him and look back to your Natural Guide, ask him to stand directly in front of the Higher Guide. See what he does, he may be standing by some misty foggy patch of light. Go and talk to that misty foggy patch, see if it has any feet! It will probably clear to a figure, ask the figure the question. If the answers are yes then you can start working with the Guide. Ask him to hold your hand and see if you like the feel of his hands, are they warm and friendly?. Your Guide's will be, and you will feel love and friendship emanating from him. Ask him to point up to the Sun in the sky with his right hand; can he do that? Now ask him to invite the Sun God down to stand beside you in human shape. This Solar Energy comes in many forms from a sunbeam to a full blown golden goddess radiating heat and light. Sometimes a huge ball of fire stands before you. The Sun God usually comes down as a male figure, however depending on your solar sign and the aspects to it, the Sun can come down as a Sun Goddess! He or She will always have a golden glow or flaming surround, and even if you can't see the shape clearly and just get a blob of sunlight there will always be warmth in the presence of the Sun. I have my Sun in Gemini in the 12th house; consequently my Sun image changes throughout the year depending on which sign of the Zodiac the Sun is in at the present moment, and what planets are aspecting the Sun.

The Sun is the Prime Energy, the first energy to work with after the Guide. Sometimes we forget to work with the Sun as an archetype in its own right not just the healer of all others. Remember the Sun represents your sense of identity and self expression on the earth plane. As you work with the Sun Energy, ask for consciousness and harmony so that you can get to know yourself and what it is that you are expressing through your solar energy this lifetime. You can ask the Sun to give you a gift and also ask for the gift's symbolic representation and use. I always thank the archetypes when I have finished working with them. (If I am outside during the day I will always salute the Sun as the source of my life. I stand facing the Sun, put my hands together in Namesti and bow as I say the words. The Qabbalic salutation is:

"Hail to Thee Eternal Sun who rises in the High Heavens"; (early morning)

"Hail to Thee Eternal Sun who abides in the High Heavens"; (midday)

"Hail to Thee Eternal Sun who sets in the High Heavens"; (sunset)

(of course I also salute the [Moon Goddess \(High Priestess\)](#) at night.)

All the manifestations of the Sun God are warm. Introduce yourself to you Sun God. Ask the Sun God if he will work with you in harmony, light, love and consciousness. Ask him to give you all the solar energy you can accept right now. This is always a pretty amazing and wonderful experience, and

often very emotional. Now ask the Sun God to give your Guide all the energy that he needs to guide and protect you in these realms. Your Guide will like this. Thank the Sun God. At this point the Sun God may give you a symbolic gift. Ask him to place it in the Charka which it belongs to; note where he puts it, and then ask him to explain what it is for and how to use it.

Ask your Guide to give you a name that you can call him by. Guides have had very many names over very many lifetimes but they will usually give you one that is right for you to use. Also ask your Guide if he will meet you by the door you when you come through on your next session.

Thank your Guide and ask him to take you back to your entry door. Sometimes he will pick you up and fly you back...really good.. or you may just saunter with him down a short cut. Either way your Guide will not leave you until you are at your door. Shut your door after you leave and go back through your cave to the beach.

Yawn, stretch and breathe deeply, come back into your body and remember who you are, where you are and what you have been doing. Take off your scarf or eye covers slowly. The world will look very bright and you may feel spaced out. Its always good to eat something to ground you at this point.

Its important to write up your meditation immediately. The memory of your journey lives in a different domain to your normal memory everyday memories and the images will fade away quite quickly if you do not ground them in the physical realm by writing them up.

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