



GUIDE TO

# Visualisations

How to access inner wisdom

Theolyn Cortens

# Guide to Visualisations

## HOW TO ACCESS INNER WISDOM

### TAKING CHARGE OF YOUR MIND

As well as reading this Guide, I hope you can take time to read my *Guide to Zera Meditation* (available in the Resources section of my website), which explains the difference between 'meditation' and a 'visualisation' (sometimes called a 'guided journey').

#### THERE IS MEDITATION... AND MEDITATION!

There are three very important things to remember:

- 1 Meditation techniques lead you to a still, quiet space where there is little or no mental activity. Your brain waves slow right down, almost to a standstill.
- 2 Visualisations, or guided journeys, lead you to a creative level where your brainwaves are slow, but not totally still. This level is above that quiet meditation space, but still beneath the everyday mental chatter, where your imagination will be open to receiving images, messages and insights from guides, Angels and other spiritual advisors.
- 3 Anyone who commits to regular meditation will find it much easier to access the creative level of visualisations and will find them much more rewarding.

#### Deep sea diving

Think of your mind as a deep ocean and your everyday self as a diver. You can choose to dive right down to the ocean floor, where everything is totally still and quiet. This is meditation.

You could also choose to swim around above the ocean floor, exploring what goes on in the ocean. For instance, you could talk to the many brightly-coloured fishes. This is visualisation.

This demonstrates our ability to experience different levels of spiritual activity, where we can access guides that are available to us when we retreat from our usual everyday activities.

### **Establishing a routine**

If you can make a commitment to regular meditation – preferably two twenty-minute sessions each day – you will find this enormously beneficial in all areas of your life. You could then add in a regular weekly session, allowing additional time for your visualisations.

These journeys could be part of a home-study course you are working with, or they could be ones you design for yourself. If you set aside one evening a week to focus on your spiritual development, you can establish a system that suits you. Include space clearing, candle lighting, creating a sacred table, and so on. Use music before starting, but not during a journey.

This approach means your mind will already be practiced at settling down into deep meditation, so when you close your eyes to go on a journey, your mental chatter will quieten down quickly, allowing you to easily drop into the creative level where your imagination opens easily to guidance.

### **My guided journeys**

All my guided journeys, whether offered as Resources or included in my courses, encourage you to relax and settle down into a quiet state of mind. Then I lead your imagination through a carefully created inner adventure to meet guides or Angels.

Some recordings will have a few moments of silence incorporated into the journey, allowing you time to have a conversation with a spiritual helper. Students sometimes tell me they would like longer silences, but this is a matter of preference. You can, of course, just press pause at the point when you are invited to talk to your helper, then restart when you are ready.

All journeys close with suggestions for grounding as you come back into everyday awareness.

### **Keeping a Journal**

Whether you are following one of my courses or working on your spiritual development in your own way, you definitely need to keep a journal. Find yourself a really special book – something beautiful and appropriate for a sacred task. I recommend you use one that has lined pages one side and plain ones opposite. These

are ideal, as you can write on one side and draw images on the other – or cut out and stick in pictures you have found, ones that help you express your inner journeys.

It's not just a question of writing down what you experienced. The act of writing in your journal will often bring up unforeseen insights. When you come out of your journey, the vibrations and energy you have been working with are still buzzing in your system, and you will often find you are writing something that seems to be 'channelled', as though your helpers are still working to give you the inspiration you need. Writing your journal isn't just a matter of keeping a record; it creates an opportunity for your guides to speak to you.

## HOW TO GET THE BEST OUT OF VISUALISATIONS

Our imaginative faculty gives us access to other dimensions where we can talk to guides, Angels and other spiritual supporters. This is a powerful technique to use.

It's likely you have had some experience of visualisations, but for those of you who are new to this method, here are some tips for getting the best out of the process. Even if you have done visualisations in the past, these suggestions may help you improve your experiences:

- ☀ Choose your time carefully. If your front window is next to the street, for example, there may be times of day when the postman or school children are coming and going. Optimum times are later in the evening, or early in the morning while the world is still waking up. Dusk and dawn have always been regarded as powerful opportunities to cross into other dimensions.
- ☀ Give yourself enough time before and after you do the visualisation. Don't rush, but prepare yourself gently and make sure you can spend plenty of time afterwards, assimilating your experiences and writing in your journal.
- ☀ Make sure your pets are out of the way. Cats are especially curious when they see their human friend sitting quietly just like one of them, and dogs probably wonder why they can't persuade you to go out and play!
- ☀ Disconnect or switch off all telephones. This applies especially to your mobile, which should be made *completely silent*, not even set to vibrate mode, which can still be distracting in a silent room.

- ☀ Prepare a pleasant environment. Tidy your room and clear the psychic space by using bells, or possibly incense. However, don't create a heavy smell in the air as this can be distracting.
- ☀ Have a glass of fresh, cool water nearby.
- ☀ Organise your journal and any pens or coloured pencils, so they are handy.
- ☀ *Don't* play music while you are on your journey, as this will have the effect of transporting you somewhere else. You are likely to be distracted by music that has not been designed to accompany the journey you have chosen. Some of my recordings do include a few short musical phrases to close periods of silence. None of my visualisations use a continuous musical background or other effects, as they would dictate the mood of your experience.
- ☀ Use a comfortable chair, but not one that will encourage you to go to sleep. Your mind is going to travel, but your body needs to be supported and feel stable. Some people prefer to lie down on the floor, in which case make sure your head is properly supported on a soft cushion. Whether you sit or lie down, cover yourself with a light blanket to keep you warm.
- ☀ Wear loose, comfortable clothing and slippers, socks or stockings. No shoes. If you are sitting, keep your feet on the floor and your hands softly in your lap. No crossed legs. If you are lying down, allow your arms to rest loosely by your sides.
- ☀ At the beginning of my visualisations I always take time encouraging you to relax, with instructions for breathing and letting go of stress and tension. But you can also prepare yourself before you have even started playing the recording.
- ☀ Before sitting or lying down, do some stretching and wiggling, allowing any tension in your body to be released. The more relaxed you are before you start, the easier it will be for your mind to follow the journey.
- ☀ Enjoy your journey!
- ☀ When you come back to your everyday self, use grounding techniques to get yourself properly back into your body. Stretch, tap your limbs, stamp your feet; these are all useful grounding techniques. Drinking that glass of water will also be very useful – it switches your physiology back on.
- ☀ Don't forget to record your journey, with the date, in your journal, immediately after you have finished grounding.

## DEDICATION AND FOCUS

Take delight in your sacred journeys! The more you explore the hidden kingdoms that are your birth-right, the more profound the wisdom you will receive. The more often you visit these dimensions, the more familiar you will become with your spiritual helpers. Guides, Angels and Archangels will always welcome you. They will come into focus easily when you visit their realms on a regular basis. The time you put into them will bring great rewards.

When you make a commitment to explore the treasures of your inner kingdom, blessings and abundance will follow you all your days.

Find out more about [Zera Meditation](#) and my [Radiance Programme](#). I will be delighted to support you on your spiritual journey.

[theolyn.com](http://theolyn.com)

Keep shining!

A handwritten signature in blue ink that reads "Theolyn". The letters are connected and fluid, with a long, sweeping underline that extends to the right.