****

**The Crystal Cave**

Take a minute or two to become deeply relaxed. Breathe in through your nose .... and out through your mouth. In through your nose .... and out through your mouth. In through your nose ..... and out through your mouth. And continue to notice how, with each outward breath you become more and more relaxed.

1. Picture yourself at the mouth of a cave. The cave is almost transparent, as though made of ice. It is a crystal cave. Feel your feet on the ground – then walk into the cave.
2. It opens up into a fantastic cavern, which glistens and sparkles as though lit by an invisible light. You gaze at it, stunned by its wonder and beauty. A tinkling music fills the cave, like wind-chimes. You walk deeper and deeper into the crystal cave, hearing your footsteps echo in the hollow cavern.
3. Ahead, a brilliant white light is shining, at the opening to a passageway. You walk towards it, and enter the passageway – you find yourself in another crystalline cavern, dazzling in its magnificence.
4. In the centre of the cavern is a small crystal column, on which a golden chalice stands. The chalice glistens in the light. This is the chalice of abundance, placed there by your higher self. It is full to the brim of a wonderous liquid, which will bring abundance into your life.
5. Hold the chalice and prepare to drink. Become aware of any resistance you may have to drinking from it. (What were your thoughts and feelings? What are your fears?) Then. see any resistance become bubbles, which float away into the cavern, burst and are gone.
6. When you are ready, drink from the chalice. Drink and drink – for were you to drink a whole ocean, the chalice would still be full to the brim.
7. If you have specific needs or desires, then throw a symbol into the chalice, and watch it multiply by the thousand, until it overflows the chalice and floods out onto the floor of the cavern.

♥ If you desire more love in your life, throw a tiny heart into the chalice – and see the chalice become filled with tiny hearts, which pour out over the crystal column.

* If you want more success at work, toss a star into the chalice and it will brim with tiny stars.
* If you want more money, toss in a gold coin, and you will quickly be ankle-deep in gold.

(Note any fears of uneasiness you might feel as the chalice gives you what you desire).

When you have finished, replace the chalice – and thank your higher self for providing its abundance. Know that you can return to the chalice at any time. Then gently come back into the room.

Bring yourself back into an awareness of everyday things, of the room around you, of the sounds and smells around you, of the feeling of the chair you’re sitting on. And as you do this have a stretch, a yawn, a wriggle and give yourself a bit of a shake.

This is the end of the Crystal Cave Visualisation.