

The Healing Pool

Imagine a beautiful pool of water with just the right surroundings. Perhaps you discover it in a quiet forest, or nestled in the mountains, or in the midst of a meadow. The air around it is fresh, clean, and just the right temperature for you. The season of the year is your favourite. Perhaps it is spring, with all living things blooming and growing. Perhaps it is summer, warm and wonderful. Perhaps it is autumn, cool and crisp, or perhaps it is winter, with a soft blanket of white fluffy snow on the ground. The water is beautiful and inviting. Perhaps it is still, gently fed by deep springs. Perhaps it is flowing and bubbling, at the bottom of a waterfall or fed by rivers and streams. It may be shallow or deep, or both at once. It is pleasant to watch. It smells clean and fresh. You feel drawn to the soothing sensation it provides you. The sounds are delightful: you may hear happy little animal sounds, rustling leaves, or birds calling out joyfully. Notice what is right for you.

Take your time to notice your pool: its shape, its surroundings, its depth. Perhaps it is a shimmering blue or sparkling green, or clear as a crystal. The light dances and skips across the water and back to you. The water calls you to relax, to feel utter and complete safety and containment. It is healing water, the kind that soothes the sorest body and fills the hungriest soul.

When you are ready, allow all parts of yourself to explore your pool and take in its healing energy. Perhaps some parts of you would like to sit next to the water, while some might dangle their feet with their toes dabbling in. Some might get in and sit or float. This water is so special that it does not allow you to sink. It supports you as you sit, as though you were leaning back into loving arms. It nurtures and soothes, calms and restores. It fills you with a sense of peace and heals every nook and cranny of pain, stress, and sorrow. Let your tension, fear, worries and pain be drawn from you and carried away by the water. Let the water flow around you, restoring every part of your body, your mind, and your heart. This is your pool. You may remain as long as you like. It is your special place of healing and hope, soothing and safety, relief and release. It is yours and yours alone to have with you.