



Silver Dragon Visualisation

1. Take your attention to your feet. Focus on the soles of your feet.
2. Each time you breathe out imagine/visualise/pretend you have roots growing downwards from your feet into the earth.
3. Each time you breathe out imagine/visualise/pretend that the roots are getting deeper into the earth.
4. Allow tension, stress, worries flow out through those roots, into the earth. Don't be concerned that you are 'dumping' negative stuff into the planet. In reality there is no such thing as 'negative' energy – it is simply energy in a place that we may find difficult to handle. Any energy we release automatically gets transformed by the planet into energy that is of use to something or someone.
5. When you feel that you are more relaxed and have a good connection with the planet, allow your focus to turn to the energy coming back to you from the planet. Allow this life-affirming, energising flow to fill your body from the feet upwards, invigorating every part of your body.
6. Pick three items in the room, preferably ones you appreciate or which have special, positive meaning for you.
7. Take your attention to one of the objects. Imagine/visualise/pretend that there is a thread of gold or silver light connecting you to that object.
8. When you have three threads and connections, allow threads of light to then link the three objects to each other, creating a small, localised web of light also linked to you.
9. Then, pick points/places/things in your near surroundings preferably ones you appreciate or which have special, positive meaning for you. Imagine/visualise/pretend that there is a thread of gold or silver light connecting you to each place, then allow the 3 places to join to each other.

10. Choose 3 places within 50km of where you are. Imagine/visualise/pretend that there is a thread of gold or silver light connecting you to each place, then allow the 3 places to join to each other.

11. Choose 3 places within the country where you live. Imagine/visualise/pretend that there is a thread of gold or silver light connecting you to each place, then allow the 3 places to join to each other.

12. Choose 3 places on the planet (you do not have to have visited these). Imagine/visualise/pretend that there is a thread of gold or silver light connecting you to each place, then allow the 3 places to join to each other.

13. Draw your attention away from The Earth and look at the planet from a distance. See its beauty and see all the thread of light joining the places around the world. Stay here for a few minutes.

14. Allow your attention to return to the country where you live and then to the area where you live.

15. Draw your focus in, until you are once again in the room.

16. Take your attention, again, to the soles of your feet and when you are ready, open your eyes.

Excerpt from 'The Silver Dragon Chronicles – Weaving the Earth Light Web'

Sue Lilly, February 2013

In memory of Eri Motoki (1964-2013)