

Meditation

This month's meditation is an active one, it involves a prop.

Pick a rose, a red or pink one if you can, you can buy it or ask for the rose fairy's permission to pluck one, if you really must you can use a photograph, but a real one is way better.

Sit in your favourite spot, candles lit, music on is a good idea too. Then journey into the heart of the rose. Your intention is to commune with your inner heart, your heart brain.

Look at the rose, it's petals and as you journey into it you decide when it's time to close your eyes and move into the journey that will unfold for you.

Take that journey, see what you see, meet who you meet.

When you're ready to come out, imagine the rose back in focus again, then open your eyes, wiggle your toes and click your heels if you like!

Write down your experience

