

Let us embark on a magical journey of healing at this very moment in the here and now...

Picture this - you're standing in a peaceful woodland surrounded by majestic trees and the delightful sound of birds filling the air. Take a moment to imagine the earthy scent of the forest lingering around you. If you're with friends, share the images and scents that come to mind as you explore this enchanting place together. Now, as you venture deeper into the woods, imagine having a companion by your side - maybe it's a mystical creature or a loyal friend.

Find a comfortable spot, either sitting or standing, and gently close your eyes. Take a few deep breaths in and out, visualizing yourself inhaling a radiant, golden violet flame that sparks from glowing embers. Let this flame cleanse away any negative emotions, helping you identify any warning signs. Take a moment to acknowledge this emotion and the sensations it stirs within you. Notice where it resides in your body, and if needed, share your thoughts with someone you trust.

Once you've recognized and understood this emotion, carefully imagine a soothing pink light enveloping you with love and comfort, easing the pain. Then, visualize placing a golden healing plaster over the wound, sealing it with warmth and compassion.

As you journey through the dense woods, you stumble upon a mysterious cave where an ancient dragon from the South lies slumbering. What color is the dragon? What aura does it exude?

Yang energy is the energy of movement, vitality, and action. Connecting with its power can allow us to make positive changes in our lives, uncovering the limitless potential that lies within. Harness its power and move forward with clarity and enthusiasm.



At this moment, you have the option to approach the dragon and inquire about its well-being. If the dragon appears to be melancholic or injured, you can conjure a healing pink energy, perhaps visualizing it as emanating from a magical wand, and then carefully place a golden plaster over its wounds.

But if the dragon seems to be in good spirits, you can introduce yourself and politely inquire about its name. You may choose any name you like, but it's important to show reverence and respect. After all, we wouldn't want to upset the dragon. He may have seen and experienced much trauma throughout his life!

As you cautiously ascend onto the dragon's back, you feel the rush of wind as you soar through the skies. Eventually, you land at a mystical mountain with shimmering waters. The dragon carefully places you on the ground, and to your amazement, you come face to face with a majestic figure called Wu Wei – a graceful woman with flowing golden hair and a commanding aura. She presents you with a staff and guides you to a tranquil, crystal-clear ocean. She places you onto a small boat that sails across the shimmering lake to the mountain.



WU WEI IS A
CONCEPT OF
ALLOWING LIFE TO
TAKE ITS COURSE
WITHOUT
INTERFERENCE,
RESPECTING AND
ALLOWING NATURAL
CYCLES AND
HAPPENINGS TO
GUIDE YOUR LIFE
AND ACTIONS. IT'S
ABOUT LIVING
WITHOUT STRESSING,
OR TRYING TO
CONTROL OR FORCE
EVENTS, BUT
INSTEAD LETTING
YOURSELF FLOW
WITH THE LIFE'S
INEVITABLE
CHANGES.

Arriving at the base of the towering mountain, you realize that you must embark on the next part of your journey alone. The mountain rises high before you, and you ponder how best to ascend its steep slopes. Will you seek the guidance of an eagle, a fairy, or perhaps another mystical being? The choice is yours to make.



Reaching the mountain's summit another gentle dragon appears from the North, you discover a massive, fiery volcano within. Here, you are presented with an opportunity to release any burdens weighing on your heart. Take a moment to reflect and identify the emotions you choose to let go – whether it's anger or sadness. Write these feelings on a piece of paper and, when you're ready, cast them into the heart of the volcano.

The mystical Northern Dragons breath envelops you into a protective shield of golden searing flames and gifts you with an unseen sword to dispel any intrusive energies. A serene magical white sash is then draped around your waist, infusing you with tranquility.

After this demanding journey, you call upon the dragon who accompanied you. Without hesitation, the dragon carries you down, down, down, returning you to the edge of the enchanted woodland.

As you take a few deep breaths, become aware of your surroundings, and slowly open your eyes, you find yourself filled with a newfound sense of peace and clarity.

To gain a deeper understanding of how our thoughts and energies can create a ripple effect, be sure to visit my blog “The Power Within” for valuable insights. Until our next adventure as always in love and light Wu Wei Warriors

