**The Clearing – Darren Willbourne**

A place out of time, outside of influence, unrestricted, deconstructed, unspoilt, tranquil, unhurried and ethereal.

It is outside of you, yet within.

Always available as a destination between your idea of you now – and everything, always.

*We begin on a pathway…roughly created through tall grass.*

*We are outside…it is mild…it is night-time.*

*There is a guiding light…an aura…directly overhead and slightly in front…leading you forwards…at your own pace…at ease and relaxed…comfortable and content to continue.*

*Moving forward now…you see a tree line…across the horizon ahead…as far as the eye can see*

*As you approach the trees…the pathway cuts through…and the guiding light continues you show you the way…intuitive…knowing what you seek.*

*Through and amongst the trees now…forest…lush with ferns…shading the ground beneath…tree branches blocking the sky…creating a natural and tall tunnel…and yet the aura continues…so that you can pick out the detail…of each branch…each leaf…and each vein…within each leaf…*

*Moving freely…easily…effortlessly.*

*And your pathway winds and curves…climbs…and then dips…until you are unaware…of where you began…and that’s OK…because you are outside of time…with each onward step.*

*There are no influences, here…no worries or concerns, here…just my voice…guiding you…outside of normality…as we go deeper…*

*Underfoot…you now hear…the gentle crunch…of bark…and acorn…of twig…and gravel…and you are one with nature…in this place.*

*Your heart…and each breath…slows…and deepens…as you flow…gently onwards.*

*Look about you…take a moment…smell, the fresh pine…and wood…feint wisps of smoke…on the breeze…and you wonder at it all…*

*And is that...somewhere in the distance…giggles of laughter and delight…like children at play…or opening presents…excited in anticipation…?*

*Sounds and senses of joy and delight…fill you…wash around and within you…lifting you…*

*And so, you move forwards…upwards…along your path.*

*The ground rising…as you approach…the brow of a hill…and so…into view…the trees clear…and drenched...in a warm yellow glow…you reach a clearing…*

*Before you…at first…you notice a circle of grass…a perfect circle…10 strides wide.*

*And the grass…is so pure…like the most perfect lawn…such rich green.*

*To your left…you now note…a curved, white, stone bench…so white…dazzling…perfect in its form…*

*And you sit.*

*To your right…you now note…a beautiful fountain…as tall as you…with a single spray…of the deepest blue…and the sound of the fountain…is almost musical…as it flows…eternal…*

*As you sit…and breathe…deeply… relaxed...you now look up…and see…the sky…as black as ink…yet light.*

*For the sky is sprinkled…with a million, million stars…like diamonds…scattered…onto black velvet.*

*And you note…as you look…that each star moves…gently, pulsing, vibrating…and you realise…that some stars…are nearer than others…and as you watch…they move…swaying and dipping…pulsing with light…and you become absorbed…and there is no time…or distance…you are no longer seated on the bench…but floating…weightless…unbound…untethered.*

*And your mind…is as free as your body…and your body…is as free…as your mind…as the stars surround you…becoming more energised…now dipping and diving…and you fill with joy and exhilaration…as you draw on their energy…and they draw upon yours.*

*In this place…you begin to understand…and believe…and know…that you are this universe…and this universe is you.*

*You are in a place beyond time and distance…your inner world…where everything is possible…and attainable…and achievable…*

*You look below you…way down…to the perfect circle of grass…small…in the distance…but growing, as you begin to float downwards…slowly and effortlessly…until your feet touch the cool grass once more…*

*You move back to the bench…again noticing the fountain…and hearing the constant trickle and play of water on water…and you sit…and you see…that all around you now…the tiniest stars…have come with you to this place…and you watch as they explore your clearing…dancing over and through the blades of grass…dancing over and through the glorious fountain…like children in a playground…*

*You sense a change…and realise that now…as you begin to silently call out…call out to this place…this universe…your universe… you are able to connect to all things…anyone and everyone…everything is here…whenever you need and want…*

*And you realise…that here in this place…your dreams and desires…your past…your present and your future…are all as one…*

*And you now know…that things you have done…or wish you had done…lay here in this place…every thought and memory…every experience…*

*This inner world…which you control and create…holds a million, million possibilities…and…if you choose…you can take them with you…when you leave…*

*But for now, you call out…*

*And you notice…that the thousands of stars, still at play…begin to climb skywards…to join the masses…of other stars in the sky…and you notice…encircling you clearing…a single star…the star of your calling…and this star is energy…and it pulses brightly…growing in form and intensity…*

*You watch and wonder…you know and desire…this object of your calling…*

**PERSON…DREAM…ASPIRATION…**

**PERSON:**

**You speak to them…asking/telling**

**You ARE them, speaking to you…responding/answering**

**You address them…closure**

**DREAM:**

**State the dream**

**Explore the emotion**

**Draw a conclusion**

**ASPIRATION:**

**Describe the aspiration**

**Feel the completion**

**Identify that new person**

**Explore how that feels**

**Plan the steps**

**Anchor**

*And so now the form changes…back to the star…pulsing with energy…bigger than before…brighter than before…it circles the clearing…climbing and spinning…as it rises higher and higher…until it joins the other stars…in this your universe…*

*And now there is change…of your creation…within and outside of you…and it is good…*

*You feel and acknowledge the changes made…you feel and acknowledge…that you have discovered this place…of safety and comfort…of creativity and discovery…it is YOUR universe and you can access it whenever you desire…*

*And knowing this gives you strength and confidence…and this strength and confidence makes this place…this universe…YOUR universe…even more…*

*You and your universe are capable of anything and everything…what you identify and create…becomes real…in this place…and all you have to do…is take it with you…within you…everywhere…*

*The clearing is a place of creation and re-creation…*

*And as you slowly rise from the bench…you allow this knowledge to wash over you…and as you look at the fountain and its eternal flow…you allow this contentment to flow through you…and as you turn to face the pathway back through the trees…you look to the inky black velvet sky…and the stars…and you allow your new thoughts and creations to strengthen you…*

*Walking back through that natural tunnel…formed of trees…and branches…and leaves…once again…an aura guides your way…and you hear…each step…crunching on twig and gravel and acorn…*

*And smell…once again…the pine…and wood…feint wisps of smoke…and then distant sounds of laughter…in delight…and you wonder…if this is the sound…of your stars…as they dance and flow…pulsing with energy…excited and giddy as they vibrate with anticipation…of your next visit…and the promise of new experiences and potential…*

*And you realise that you are already leaving the treeline…behind you now…back through the tall grass…my voice remains…guiding you back…to the here…and the now…to this room…and you notice…as you return…that you still hold…within you…the memory and potential…provided by your clearing…as I bring you back as I count 3…2…and 1.*