The Magic Garden

**(IF this is a recording)**  
Hello, My names is Bob Burns of Lifelinehypnotherapy.com... and this is a recording which allows you , the listener, to go to a place. A very special place, where it can become possible, just possible to be at one, for a short time with someone that would have meant and still does mean something very special to you. And it allows contact, a very special form of contact to be made once again.  
So... welcome, to: THE MAGIC GARDEN.

RELAXATION  
I want you now, as you sit or lie there to quite simply pick a spot on the wall or ceiling, or anywhere where you can simply focus your eyes just on one spot.

And as you do that I want you to take a nice deep breath and simply, as you exhale, allow yourself to totally relax. And once again, taking a nice deep breath all the way in, and this time as you exhale simply allow your eyes to close.

And now, all you have to do, with your eyes now closed is to simply relax, as much as you possibly can, but without really trying. And as you relax, just allow your breathing to become shallow and light. And with every breath that you take just feel yourself relaxing more and more. And each time that you exhale just find yourself sinking deeper and deeper. In a moment I’m going to mention different parts of your body, and as I do I want you to just feel them relaxing more and more.

We’ll begin with your HEELS… feet...toes....back to heels....spreading through your ankles, and into your lower legs, you feel the muscles of your calves and your shins relaxing as this wonderful sensation now spreads through into your knees and into your upper legs and thighs… and your upper legs now are completely relaxed. Every muscle, every fibre of your legs and feet, completely relaxed. And as you feel this wonderful sensation now spreading through your hips. You can feel the muscles of your hips and lower back beginning to relax more and more fully. .......etc

Totally and completely RELAXED!

**(IF A RECORDING, START MUSIC)**

In a moment, *as you can hear familiar music appearing*, I’m going to ask you to imagine certain things, and now with your entire body, completely relaxed there’s nothing to do and nothing to feel. Nothing at all for you to do except simply relax. Every muscle and every fibre of your body now so completely in tune with itself.

And as I said in a moment I’m going to ask you to imagine certain things, but it doesn’t matter if you can’t quite imagine all the things I’m asking you to. You might even find your mind beginning to wander a bit, so that my voice just fades into the background. But that doesn’t matter, because the sound of my voice will continue to relax you, and it doesn’t really matter if you don’t HEAR a single word that I say, because very soon now, you are going to be more relaxed than you have ever known.

Think of a person. Think of a person who is no longer here, physically in your life. Think what it would be like, if it were possible to have a place, a bridge, a link, a path... or a... ***magical garden***... where it were possible, just possible, that you could bridge that space.

If you simply learned how to acquire the skill in order that you could learn how to ALLOW yourself, to ALLOW them, that person, to come to you. How you could learn to feel their energy as if it were here and now, right by your side. Just as many of your ancestors have claimed this possibility for thousands of years.  
So... if you’re ready, and you have someone in mind...  
let’s go and meet them, shall we?  
  
And all we need to do, is take a nice big deep breath all the way into our bodies and as we exhale we simply RELAX, once again allowing our spine to turn to jelly as we simply... *flop* right there. Loose, limp, slack, totally letting go, and tuning in to the timbre of my voice. Simply the vibration of my voice.  
  
And now, that you find yourself in this wonderful relaxed place, all I want you to do NOW... is simply use your imagination, assuming that’s what it is. I mean it couldn’t be anything else... could it? Simply tune into my voice and... imagine. Just imagine, simply see and feel yourself walking, walking along a beautiful cobbled country lane, on a beautiful warm Summer’s day.  
And as you find yourself walking on this beautiful cobbled country lane, you become very much aware that although this lane is cobbled you are very sure footed. Highly confident in the knowledge that here in this place, you are very safe, very relaxed, absolutely free to simply enjoy this very special walk.  
You are very aware of the warmth of the sun on your head and shoulders and that *there* hanging in the gorgeous rich blue sky, floats one solitary... beautiful white cloud, just one single cloud. And it’s kind of like you have seen this cloud somewhere before, like it’s an old friend. And indeed it is. And during this experience, this cloud will surely play its part. I promise. Although you may not consciously be aware of it. It will play its part.  
So, AS you walk along this cobbled lane you are very aware that on your right there is a huge field of golden corn gently bending in a slight warm breeze as though it’s revealing a very private, flowing dance, a dance just for you... as it leans to the right then to the left... and then slowly back again.  
And you can now just breathe... you can now just take a long breath in and taste that beautiful fresh air and as you exhale you can just ALLOW yourself to relax even further as you find yourself gliding now along the lane, and suddenly you become aware of...  
a very old looking dry stone wall on your left. It seems very well made but perhaps hundreds of years old and about 9 feet or 3 metres in height. And as you walk along this cobbled path with the field of corn on your right and this beautiful ancient dry stone wall on your left you suddenly find that there is a very rustic metal gate right there in the middle of it. And strangely enough the gate is slightly ajar. Just a tiny bit open and pushing inwards.  
And now, as you reach out your left hand you place it on the cool metal of the gate and simply push...  
And as you push, you can hear the rustic squeak as the gate pushes inwards...and as you step inside you find yourself in a truly beautiful garden.  
Succulent green grass, beautiful wild flowers all around the far walls. It’s like they have all come into season at exactly the same time:  
Daffodils, snow drops, daisies, blubelles, poppeys, rosebay willowherbs, white campions, st johns wort, crocuses, dandelions, marigolds, cowslips, tulips, foxgloves

and there ...to your right is a beautiful pool of luscious clear water. And you can see a small waterfall that springs from high up on the rock face that suggests it would be truly wonderful to bathe in its waters.  
And as you walk to the edge of the pool, you gently disrobe.... and enter the water. And the water is exactly the temperature that you wish for and the depth is enough for you to swim in but only to waist level.  
And so you now push off and in only three strokes you arrive at the other side of the pool and enter the waterfall. Where you now stand up and allow the incredible healing powers of the water to wash over you.   
And the feeling is one of pure relaxation, yet with a freshness that just allows you to feel a wonderful healing vibration that coasts through every nerve, fibre and muscle of your body.  
And now that you feel totally replenished and energised you once more sink down and push out to go to the other side of the pool and as you lift yourself effortlessly out of the water you find, to your surprise that you are instantly dry. And as you feel the sun once again on your head and your shoulders you look down on the grass by your side and find that there is a white silk gown especially made in your size, which you now pick up and gently pull over your head, being surprised at the lightness and comfort of the silk against your skin.

And now you just... take a breath. And... relax. And as you relax you turn to look at another part of the garden where you find an old wooden bench with cushions scattered upon it, And as you walk to it and turn and sit, you find that you are looking at another old dry-stone wall. But this one is only about a metre high and straight in front of you there is an opening. No gate, just an opening which is a path leading away from the garden, its winding path going away and down, down into what you know somehow will be a valley.  
But you can see that there on the other side of this valley the path emerges once more, again winding its way up this hill until it stops on the edge of a small forest.  
Truly a relaxing sight on the eyes....  
The garden, the wall, the opening, the winding path going away and down into the valley only to rise again winding its way right to the edge of this small forest at the top of the hill on the other side of the valley.  
And it’s here and now, that we ALLOW ourselves, there’s that word again. We don’t fight it, but we don’t try to help it. We simply ALLOW ourselves to accept that there, over there, at the other side of that valley and up that winding path that enters that small forest. And in that forest, right there lies a form of a gateway. A gateway to... *another* place. And it’s there in that place, a very special place, where this person, whom you have been thinking about, resides. Right there. And in a moment, you are going to say hello.  
  
And so, as you sit and relax and breathe in this very special air that belongs to this very special garden you can now gaze across the valley, into that forest which is the gateway to where that person now lives... and at the count of three, you simply allow them to step out from the forest and gaze upon you, from the other side of the valley….  
One... Two... Three.....  
And as you see them emerge from the forest you can see that they are actually smiling, as they raise one hand high into the air and give you a wave. And indeed you can wave back, as they begin the walk all the way down the winding path. Down deeper and deeper until they are gone from your sight as they enter the valley...  
But in no time at all you see their head, then shoulders, waist and legs as they arise from that valley, here, on your side they walk up to the opening of the garden and enter approaching you now much faster until you now stand side by side.  
And it is here you can welcome them in the way that you would normally wish, either by a shake of hands or a hug or embrace, or of course... a kiss.  
And as you both now sit, on that bench that I prepared for you.  
Now you can you can either just sit in silence, or indeed you may have lots to talk about.   
But that is your business, and I am now going to leave you for a few moments to do just that. So, enjoy each other’s company. And I’ll return in a few moments......  
  
............... and so it is that the time is drawing near for you to part. But that’s not a problem. As you now know that they are only a thought away. In reality their world and yours is the difference of a centimetre off the end of your nose. They are still they. You are still you. And together you still are. They have merely walked ahead of you.  
And you can return here to this place as often as you wish.  
But for now you simply stand and embrace and bid each other farewell, *just* for a short time.  
And as they turn and take the few steps that lead them from the garden you can retain a wonderful feeling of upliftment. Knowing that all is well.  
And so they walk all the way down into the valley, where like before they are gone for a few moments before re-emerging on the other side, and you notice how they walk up the hill on that side with total and complete ease, before they stop at the edge of the forest and turn.   
And once again you recognise that smile as they wave goodbye... for now.  
  
And as they enter the forest you look down and discover that once again you are fully clothed in what you were wearing when you first came through that rustic squeaky gate. Did I not say it was a magic garden?  
And you notice that there on the edge of the pool is another clean white silk gown awaiting your next visit. As I said… it’s a magic garden.  
So you know walk to the gate and pull it open, once again hearing that squeeking noise, before looking back and viewing the garden, the flowers, the pool, the waterfall, the gown and of course the small wall with the opening where the path winds its way down into the valley and up the other side to the edge of the forest. And you can now turn and walk through the gate into the cobbled lane, remembering this time and always to close the gate COMPLETELY until you HEAR the click that says it is totally closed. And it’s important that you remember to *always* close the gate when you leave. That you *always* hear the click and *see* that it is indeed always closed as you leave.  
But every time you come back here you will always find that it is ajar, waiting for you to enter.

And so you now turn and once again continue your walk down the cobbled lane. The corn still blowing in the wind, the long dry stone wall to your left, the warm sun on your head and shoulders, and that one solitary brilliant white fluffy cloud, still sitting there smiling down on you. It has it’s purpose. But you never consciously need to know what that purpose is. You simply let that go.  
Everything is perfect. Waiting for your return.  
  
And now you can simply nod off to sleep or open your eyes feeling totally and completely refreshed.  
It’s a magic garden. It offers both options. Goodbye for now.