

Journey to the heart of the universe (guided visualisation)

Welcome to the journey into the heart of the universe! Start with closing your eyes.

Imagine yourself in a beautiful transparent bubble. The bubble is big enough for you to stand in it in full height. From the inside you can see everything around very clearly. Now give your bubble a colour. It is still transparent, but has a colour to it, like coloured glass.

Now, with your next breath the bubble will take you off the ground. Breathe in, breathe out, and the bubble lifts off the ground. With each breath you go higher and higher in the sky, further and further away from the ground. Your safe bubble is taking you into the heart of the universe.

With the next breath, your beautiful transparent bubble is now at the level of the roof tops; Going up and up; it is at the level of the treetops now. If you look down you see tiny houses and toy-like cars. And you move further and further away from the ground. You're approaching the clouds - fluffy white clouds. And now, you are in the clouds, surrounded by the white fluffiness. One more breath – and the clouds are below you.

The bubble with you safely inside, is flying further and further away from the ground. Moving through the layers of the atmosphere, surrounding the Earth. And, with your next breath, you're leaving the gravitational field of the planet Earth.

Travelling through the space of our solar system now, you may see the moon, or the planets of the solar system. Will there be Mars, or Saturn or Jupiter? With each breath, your beautiful transparent coloured bubble is taking you to the edge of the solar system. And with the next breath, you're leaving the solar system. And you find yourself amongst many stars of the galaxy called Milky Way.

This galaxy is home to our solar system and many more suns, planets and moons. You are travelling so smoothly that you barely notice any movement of the bubble, while approaching the boundaries of the galaxy Milky Way. And with the next breath or two, your bubble will take you into the intergalactic space. It is a space between billions of galaxies. They all form a fabric of the universe.

Wherever you look, you can see endless, infinite space and different celestial bodies. There may be comets, asteroids or meteors. Fascinating. And you're floating in your beautiful protective bubble. You can see everything. You can hear everything. And you're 100% safe.

Here is a spot in the center of the universe, where your bubble stops. And it is a perfect spot to observe. You might want to look up and down, right and left. And notice, millions, billions, trillions of stars. Some are brighter, some look dull. They may shine with different colours. Some might look greenish, some may seem red, others may seem yellow or white.

You observe, inhale, exhale. Your breath is calm, gentle and slow.

And it is absolutely safe. It is so very peaceful. Being there feels like the universe is hugging you. The universe is welcoming you. You know that you're loved, and you're safe, and you're being looked after. You may want to ask a question that has been on your mind. You can ask the universe, and sit there in your bubble, and wait for an answer. The answer may come as a word, as a colour, as a sentence or as a feeling.

You may feel the answer, or you may see the words in your mind's eye. It's okay if no answer comes this time. It is good to just ask the question, and let the universe take care of it. Keep breathing gently and slowly. Allow the beautiful silence of the heart of the universe to envelop you; enjoy this loving hug from the universe.

Now it's time to go back to the planet Earth. And with each breath your beautiful bubble is carrying you back to the galaxy called Milky Way.

The next breath you take, you enter the Milky Way and move amongst all the solar systems in this galaxy. You may notice the different-coloured stars on your way; as always, your bubble is carrying you gently and softly and you barely notice the movement. You're to entering the solar system, which is home to the planet you live on.

And now you notice our moon, and there, you can see the beautiful sphere, which looks blue. That's our planet Earth. And your bubble is gently and safely carrying you into the gravitational field of the planet, moving through the atmosphere, through the clouds; and now, the clouds are above you, and you can see the ground.

You can see the ribbons of roads and rivers down below. You can see tiny houses and small dots, that might be people. With each next breath, your bubble is moving towards the ground.

You are now at the level of the tree tops, the tallest eucalyptus trees; moving past the rooftops now.

With your next breath, you're touching the ground.

Now, and you're 100% back. Back on your planet Earth, safe and sound, feeling calm and peaceful and very loved. It is time to have a restful sleep now.

