

The background of the cover is a warm, orange-yellow gradient. A large, multi-colored star with red and yellow points is positioned in the upper right corner. From this star, several broad, diagonal beams of light in yellow, green, orange, red, and purple extend towards the bottom left. In the bottom left corner, a child with dark hair and a red bow is sitting in a meditative lotus position on a dark, grassy mound. The child is wearing a purple long-sleeved shirt and dark pants with red stripes. Their eyes are closed, and they have a peaceful expression. The overall theme is one of calm and positivity.

Under

A Lucky Star

Meditations & Fortune Cards

with positive messages for children and young teens

Stefanía Ólafsdóttir

Illustrated by Íris Auður Jónsdóttir

Under a Lucky Star

Author: Stefanía Ólafsdóttir
Illustrations: Íris Auður Jónsdóttir

Published by: Lótushús, Brahma Kumaris Iceland - www.lotushus.is
© 2017 Lótushús

Design: Stefanía Ólafsdóttir

Print: Prentmiðlun ehf / Latvia

No part of this book may be reproduced in any form or by any means,
whether photocopying, printing, sound recording or otherwise, without the
written permission of the publisher.

ISBN 978-9935-24-237-2

Contents

Introduction ... 4

Guidelines for meditating ... 5

Meditations

- The Lucky Star ... 7
- Beauty ... 9
- Care ... 11
- Contentment ... 13
- Courage ... 15
- Determination ... 17
- Enthusiasm ... 19
- Flexibility ... 21
- Freedom ... 23
- Generosity ... 25
- Goodwill ... 27
- Gratitude ... 29
- Honesty ... 31
- Humility ... 33
- Joy ... 35
- Lightness ... 37
- Love ... 39
- Patience ... 41
- Peace ... 43
- Respect ... 45
- Security ... 47
- Self-respect ... 49
- Simplicity ... 51
- Strength ... 53
- Trust ... 55

Topics for discussion ... 56

About Raja Yoga meditation ... 59

Life under a lucky star

We all want to be fortunate in life, to experience happiness and success, and to feel good. The great thing is that we can ourselves choose to live our lives as if we were born under a lucky star for what brings us the greatest fortune is our own positive nature. Every time we focus on the positive in ourselves, it grows and soon begins to shine within us. We are, actually, often quicker to spot our weaknesses, but the fortune cards and the meditations in this book will help you to discover and cultivate your very best and most beautiful inner self. Remember that you are the creator of your own fortune, and that every single positive thought you have will make your lucky star shine even brighter.

There are many ways of using the fortune cards; here are a few ideas:

- ★ Draw one fortune card each day. Have faith in what the card says and take it as a personal message for you. That quality will then begin to grow within you.
- ★ Find the meditation in the book that fits the message of the card you drew. Ask someone to read the meditation out loud for you as you close your eyes, relax and enjoy meditating.
- ★ Let your family or friends each draw a fortune card and read them out loud to one another. It is amazing how often the quality a person draws suits them so perfectly.
- ★ Take a look at the topics at the back of the book and discuss them with your friends or family.
- ★ Draw a fortune card and write your own meditation story that you feel suits the quality you drew.

Enjoy, and may your lucky star shine really brightly!

Guidelines for meditating

When meditations are read aloud it is important that whoever is reading takes good time, reads in a soft voice and preferably experiences the content of the meditation for her/himself. It is often a good thing to pause now and again for a few seconds in order to give the experience more space. The reader can also be free with the text, repeat sentences or add words as needed for the flow to be as natural as possible. That way even better results are achieved with the meditation.

It is important for everyone to be comfortable; dimming the lights and even wrapping a blanket around the person who is meditating can help to create feelings of comfort and safety and a cosy atmosphere. Soft meditation music can also be useful.

After meditating it is a good idea to discuss the experience with others, it will then become even clearer. You can also refer to the topics for each of the relevant qualities at the back of the book; they will help to create useful points for discussion.



The Lucky Star

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out, and let your body relax completely.

Notice what you are thinking. See your thoughts as clouds gliding across your mind.

Now allow those clouds to drift away.

Your mind empties, and all that is left is a shining bright light.

The light is like a sparkling star that shines in your mind.

The star radiates all your best qualities – peace, love, strength and joy.

Continue being aware of the star in your mind and feel how peaceful its light is.

Now think imagine another star far, far away. This is the world's lucky star.

All around it is a great sea of light, and it radiates rays of love.

One of the rays of love goes straight from the lucky star to you,
filling your mind and heart with love.

Once you are ready, you begin to sense your body again,
but the lucky star is still shining above you, protecting you.



Beauty

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing outside, late at night. It is pitch dark, but when you look up, you see that the sky is covered in stars. Some are big and bright and others are smaller and fainter.

The stars align themselves into beautiful symbols decorating the sky. Choose one star. This is your star. Look at it and notice how it shines. Is the light it radiates bright or is it faint?

The star radiates peaceful light. You feel how good it is to look at it. The light coming from the star flows directly to you, filling your mind with light and peace.

Let the light flow all around your body; up into your head, out into your hands, into all your fingers, down into your stomach, feet and toes. Your body is filled with bright light.

Now imagine that this lovely light is flowing from you out into your surroundings, making the world brighter and better.

Once you are ready, you begin to sense your body again and you open your eyes, but your mind is still filled with beautiful, bright light.



Care

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are outside amongst nature. You sense that you are holding something in one hand and you open your palm. It's a tiny seed.

Take a good look at your seed. Notice how it looks.

You now see soft, fragrant topsoil on the ground in front of you, and you decide to sow the seed there. You place the seed carefully in the ground and spread the soil gently over it. This is the kind of seed that grows best if it gets positive thoughts.

Now sit down and think all the most positive and beautiful thoughts you can imagine. These thoughts flow like a bright light from you to the seed. Suddenly a plant emerges from the soil. Notice the way it looks. Has it got flowers?

Is it small and delicate or is it big and strong?

Keep sending positive thoughts to the plant, and notice how it becomes even bigger and more beautiful with each thought. You can sense that the plant is feeling good and you are also feeling good.

Once you are ready, you begin to sense your body again and you open your eyes, but your heart is still full of loving care.



Contentment

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are sitting on a big, yellow cloud. The cloud is soft, and you make yourself comfortable. You are soaring high above the earth.

Now you look beyond the cloud and far, far below you see the earth, looking like a small ball. If you look carefully you can see the lands and oceans down on earth. What countries can you see?

You turn your attention back to yourself and enjoy just sitting on the cloud. The sun shines on your face and your mind fills with a bright light. Feel how warm and cosy the light is.

Now imagine that the sunlight is flowing all over your body - up to your head, into your hands and into every single finger, down into your stomach, back and feet.

Imagine this bright light flowing down to the earth below,
to all the people, animals and nature.

The world is bathed in this beautiful light and everyone is feeling good.

Once you are ready, you begin to sense your body again and you open your eyes, but you can still feel inner harmony and you feel good.



Courage

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing in front of a huge bonfire.
The fire is crackling and the flames stretch high up into the sky.

As you stand in front of the fire you feel the heat on your face. You look into the flames
and you notice how they dance back and forth.

The colours of the flames are warm - reds, oranges and yellows.

If you like, you can move a little closer to the fire in order to feel more heat
on your face and hands. For a little while you keep looking into the fire.
The flames stretch higher and higher and it is as if the fire is giving you energy.

Feel how the fire fills your heart with courage and strength.
Like a lovely light that shines in your heart and protects you in life.
Feel the light in your heart and sense the strength it holds.

Once you are ready, you begin to sense your body again and you open your eyes,
but in your heart you can still feel courage and strength.



Determination

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

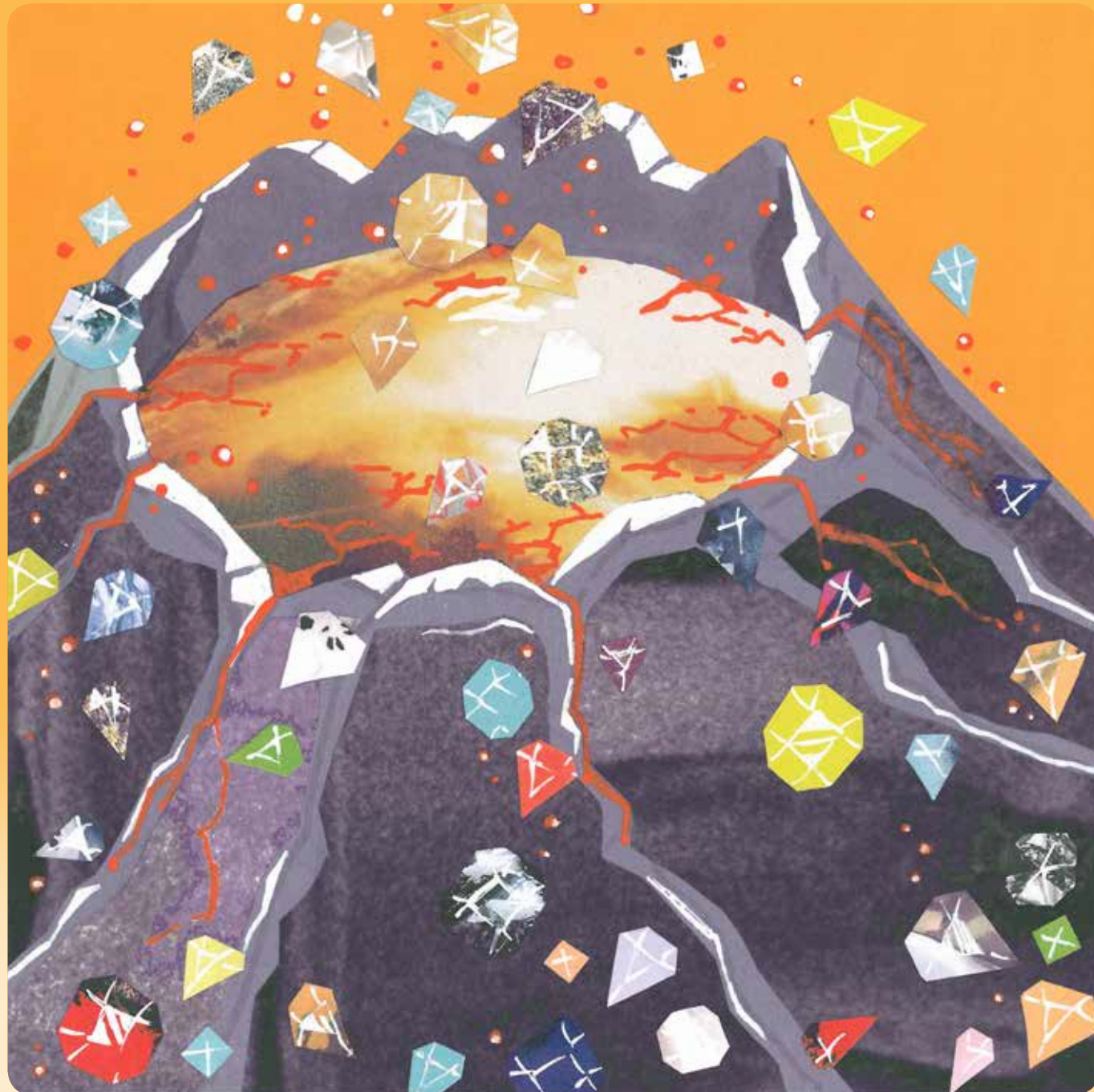
Imagine that you are standing in front of a sky-high mountain.
The mountain is bright and beautiful, and its peak is surrounded by steep rocks.
Despite the rocks, you decide to walk up, all the way to the top.

You go up a winding path, through woods and shrubbery. The path leads you further and further up. The journey is magical. On your way you see small waterfalls that flow fiercely and secret caves. Maybe you see some animals as well.

When you are nearly at the top you reach the rocks. The rocks are so steep that it is difficult for you to continue on your way. But you are not about to allow fear to stop you; you refuse to give up, because you are determined to get to the top.
Suddenly you see a strong rope hanging from above you. You grab hold of the rope and manage to climb the rocks, slowly but steadily, all the way to the top.

You have reached the top and the view is fantastic! Look in all directions.
What can you see? You feel like a hero, and you know that you can do whatever you put your mind to.

Once you are ready, you begin to sense your body again and you open your eyes, but you can still feel willpower and determination within yourself.



Enthusiasm

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

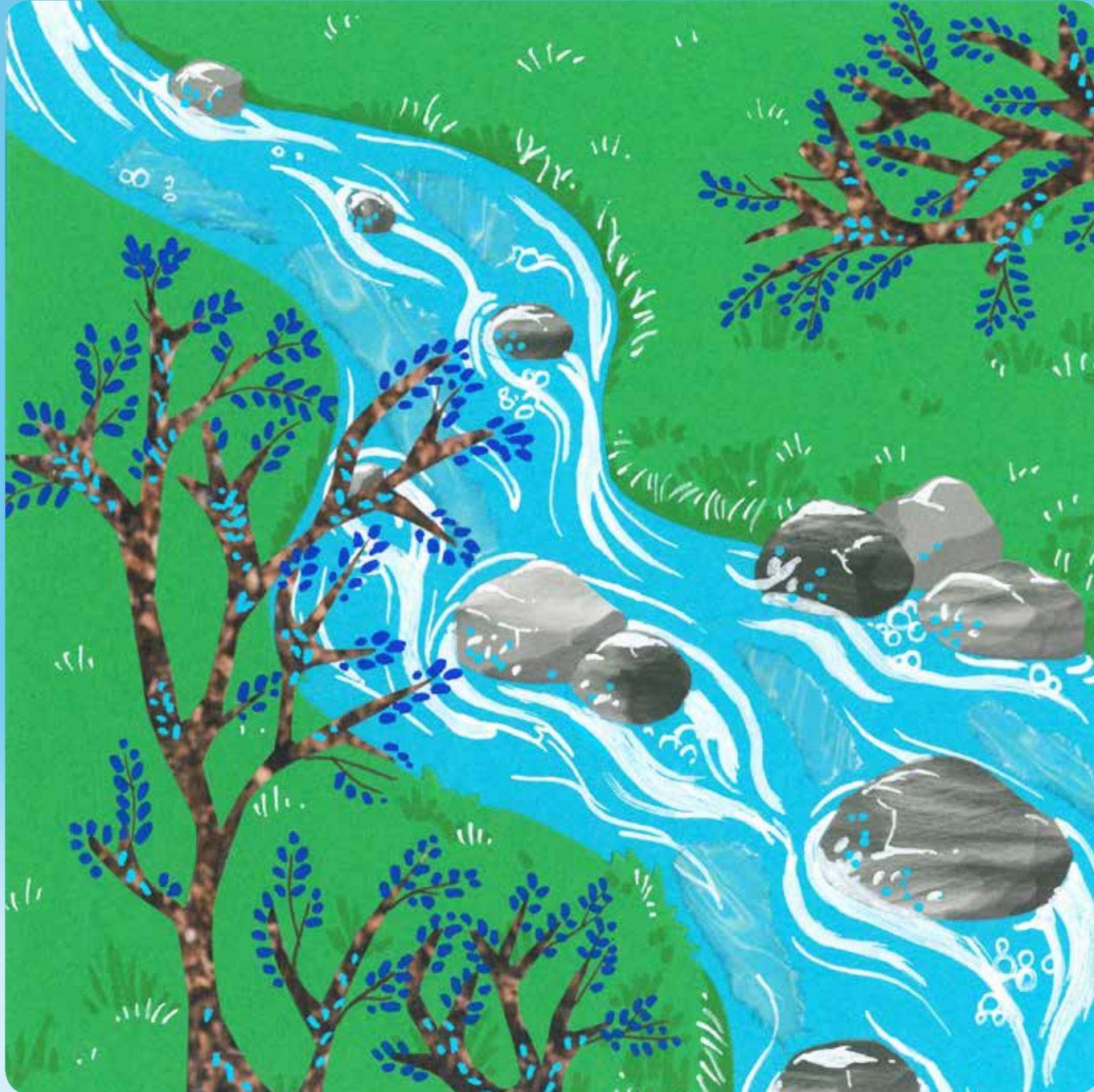
Imagine that you are standing before a tall mountain. The mountain is covered in glittering stones, large and small, in all the colours of the rainbow. You decide to walk up the mountain. You walk higher and higher. It is fun walking amongst all these colourful stones. It is as if they glow in the sunshine.

At last, you reach the summit, and now you see something strange. At the top of the mountain is a large opening. You walk gingerly to the opening and take a look down into the mountain. You see seething fire. You are on top of a volcano! Suddenly there is rumbling and you know that it is about to erupt. You run away and just before the volcano starts erupting you discover a small cave where you seek shelter.

But this is no ordinary volcano, for it emits beautiful, glittering stones that shoot merrily out of the opening and land on the mountainside. You see how the stones whirl high up into the sky, and you feel your heart fill with creative force and joy. Suddenly one of the stones lands right next to you, and you pick it up. Feel the warmth of the stone in your hand. Take a good look at the stone. Notice its colour and shape.

This is your lucky stone and it is yours to keep.

Gradually the volcano stops erupting and you skip down the mountain with your new lucky stone. Once you are ready, you begin to sense your body again and you open your eyes, but your heart is still full of enthusiasm and creative joy.



Flexibility

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Imagine that you are sitting by a little, bubbling stream.
Listen to the sound of the stream and feel how calming it is.
Like some merry, glittering water music resonating in your ears.

Now look at the water in the stream. Notice how easily it bounces
over big and little stones, letting nothing stand in its way.
It is as if the stream has not a worry in the world.

Now lie down in the soft grass on the banks of the stream,
with your eyes closed, listening to its sounds.

You can feel yourself relaxing more and more.
It is as if the stream is washing away all your worries and you feel really good inside.

Once you are ready, you begin to sense your body again and you open your eyes,
but your mind still feels light and free.



Freedom

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Now imagine that you are outside in a really strong storm. You've hardly ever been in such a storm. The wind is blowing so hard at your back that it's almost as if you don't need to walk, because the wind is blowing you onwards.

You look up at the sky and you see birds playing in the gusts of air.
What fun it must be to be a bird and be able to fly!

Now the wind becomes even stronger. It becomes so powerful that suddenly your feet are swept off the ground and you float along with the wind. This is such incredible fun!
You can fly as high as you want, and let the wind carry you high up into the sky.

You sense a feeling of freedom in your heart as you float along with the wind.
If you want, you could go in circles in the air or swoop down and up again.
You can do whatever you want.

Gradually you sense the wind calming down, and it returns you gently back down to earth.

Once you are ready, you begin to sense your body again and you open your eyes,
but your heart is still full of lightness and freedom.



Generosity

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Now become aware of your heart. Imagine that there is a beautiful flower in your heart. Take a good look at the flower. Is it big or small? What colour is it? What are its leaves like?

This is your heart flower and it is completely unique.

Nobody else has a flower that is the same.

Slowly and gently your heart flower begins to open and its fragrance flows out into the world around you.

The fragrance of this flower is made up of your own positive and good feelings: love, joy and peace.

Now imagine that the flower opens even more and allow all your best feelings to flow from your heart like a fragrance that fills the world around you.

Once you are ready, you begin to sense your body again and you open your eyes, but your heart is still full of good feelings.



Goodwill

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are on a beautiful seashore.

The evening sun bathes the sky in golden, red and orange colours.

You look out to the sea and notice how the waves flow in and out, in and out.

You listen to the sound of the waves and feel how calming and comfortable it is.

Now you spot a tall, white lighthouse standing by the shore. The lighthouse looks solid and it sends out a circling beam of light that reaches far out to sea. The light from this lighthouse is no ordinary light because it is full of peace that flows out into the world.

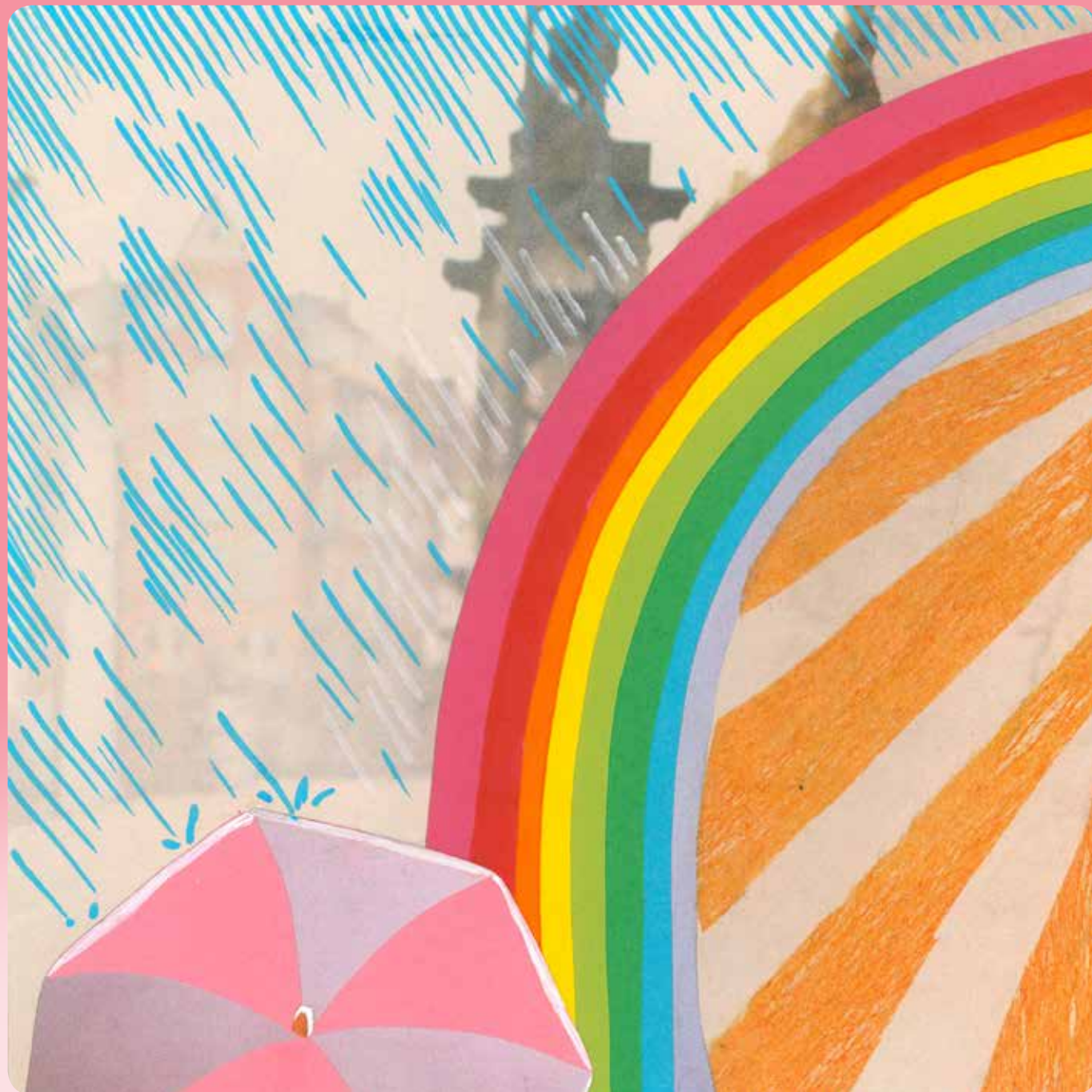
You approach the lighthouse. The door is open.

You enter and walk up a spiral staircase, all the way to the top. You are now standing on the lighthouse's viewing deck, and you look out across the ocean.

Now think a beautiful thought.

As you do this, it feels as if your mind is filled with light and you become like a shining lighthouse that radiates peace and goodwill out into the world around you.

Once you are ready, you begin to sense your body again and you open your eyes, but your heart is still full of goodwill for the whole world.



Gratitude

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing outside in the rain. You're wearing good rainwear, so you won't be cold. The sky is covered in clouds and it is as if they are emptying all their water over you. You stand completely still with your eyes closed, feeling the raindrops landing on your face. Feel where the drops land. Maybe one lands on your nose, another one on your eyelid or your cheek. It is dead calm and it's fun to stand in the rain, feeling the raindrops.

Suddenly a ray of sunshine breaks out from behind the clouds. The ray is bright and beautiful and it shines through the raindrops. And now another ray appears, and yet another! The rays illuminate the glittering drops, and suddenly high up in the sky you see a huge rainbow. To begin with its colours are not very clear, but then they become bright and strong. This is one of the most beautiful rainbows you have ever seen.

You feel as if you are experiencing a magic moment.

Now you are granted two wishes. One is for you, the other one for the world.

What do you wish for yourself? And what is your wish for the world?

Now think about all the best things life has given you.

Feel your heart fill with gratitude and allow this good feeling to flow out to the world.

Once you are ready, you begin to sense your body again and you open your eyes, but you can still feel gratitude in your heart.



Honesty

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that your mind is like a clear, blue sky. A beautiful blue colour fills your mind and no other thoughts can come into your head - only this bright, blue colour.

Now you notice a few fluffy balls of cloud floating across the sky.

What colour are the clouds? What shape are they?

Feel how calming it is to watch them floating gently around.

Look around to see if there's anything else in the sky. Can you maybe see birds, or kites?

Or perhaps something else? Take note of everything you can see.

Now the sky becomes completely cloudless. No clouds nor birds.

Nothing left apart from this lovely, blue sky that fills your mind and makes you feel good.

Once you are ready, you begin to sense your body again and you open your eyes,
but your mind is still full of the peaceful blue sky.



Humility

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out, and let your body relax completely.

Now imagine a beautiful winter evening. Winter's first snow is falling from the sky.

Everything is covered in new-fallen, spotless snow.

The snowflakes are like feathery cotton wisps gliding down from heaven.

All is completely calm and the world is peaceful and still.

The snow is like a soft, glittering carpet covering the earth.

Everything becomes so clean and beautiful in the snow all around.

You look up at the sky and you smile. Maybe a few snowflakes find their way into your mouth. You see trees sagging under the weight of the snow, as if dressed in white costumes. You sense a deep, deep peace in your heart.

You take a seat on a bench beneath a lamp post and you enjoy watching the snowflakes falling gently to earth.

You sense beautiful, soft feelings in your heart and you enjoy just being you.

Once you are ready, you begin to sense your body again and you open your eyes, still sensing the softness and peace within you.



Joy

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are sitting on a swing that hangs from high, high up in the sky.

It is as if it is suspended from the clouds.

The sun shines brightly and happily and a warm wind is blowing through your hair.

The wind gently pushes the swing and gets it moving.

At first it goes slowly but gradually it swings higher and higher.

The sun shines on your face - it seems to be smiling at you, and you smile back.

You smile at the world and you feel it is good to be alive.

You feel your heart fill with joy and freedom as your swing goes higher and higher.

You feel as if you are flying.

Gradually the swing slows down until it comes to a stop.

But you can still stay sitting in it if you would like to,
enjoying the sensation of warm sunshine on your face.

Once you are ready, you begin to sense your body again and you open your eyes,
but your mind and heart are still full of joy.



Lightness

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing in front of a big lake. The water is smooth and clear, just like a mirror, but soon gentle waves begin to ripple its surface. You see a small boat sailing towards you. The boat is empty and you decide to step on board.

You don't need to row, you just sit and let the boat carry you gently onwards.

The boat sails into a cave. This is a magic cave that heals all uncomfortable feelings and memories. Inside this magic cave you can rid yourself of everything that makes you sad. You can throw out grief, anxiety, anger, loneliness or anything you would like to do away with. Now picture the difficult feelings in your mind as stones that you pick out of your heart and throw far, far away. The moment the stones hit the water, they dissolve and disappear. Instead, your heart is filled with a bright light. Your mind is now light and free.

When you feel ready, the boat heads back out of the cave.

The surface of the lake glitters in the sunshine, like the most beautiful gold. You love feeling the warm rays of the sun on your face as the boat brings you back to shore.

Once you are ready, you begin to sense your body again and you open your eyes, but your heart continues to be full of lightness.



Love

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing on a beautiful seashore. The evening sun is bathing the sky in pink, orange and golden colours. The sky is like a beautiful painting and the sunset is reflected in the sea. Total peace and quiet reigns.

You see a large, white bird flying towards you. You climb onto its back, feeling the silky softness of its feathers. The bird flies up into the sky and carries you off into the sunset.

You are now at the centre of the sunset, surrounded by a rosy-golden glow.

The bird flies you further and further into the sunset, and this warm, gentle light fills your mind and heart.

This is the sunset of love and now is the time to remember everyone you are fond of. Imagine that this beautiful light is also filling their minds and hearts with love. Now think of those you are not so fond of. Imagine that the light of love is also flowing to them.

Slowly and gently the bird flies you back to the shore, where you sit on the sand and continue watching the sunset. It feels so good.

Once you are ready, you begin to sense your body again and you open your eyes, but your heart is still full of love.



Patience

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are in a beautiful forest. There are all kinds of trees in the forest.

Some are large and ancient with roots that go deep, deep down into the earth.

Others are smaller and more delicate.

It is autumn and the leaves on the trees are in their beautiful, bright autumn colours:

yellow, red, pink, orange and brown. You love looking at all these colours.

You allow the autumn colours to fill your mind.

Choose a tree and walk towards it. The tree is friendly, and the branches bend down towards you as if the tree wants to be your friend. Suddenly you notice a leaf coming off one of the branches. Watch how the leaf glides slowly and gently down to earth.

Now you notice a different leaf that has come off another branch. Watch how that leaf glides down and down, slowly and gently, until it touches the ground. Sit down under the tree and keep watching the leaves fall. Feel how calming it is to watch the leaves.

They glide so slowly and softly. Your mind is filled with peace and stillness.

Once you are ready, you begin to sense your body again and you open your eyes, but you can still feel the peace within you.



Peace

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Imagine that you're standing by a lake. All around the lake there are trees and vegetation in all sorts of beautiful green colours. Nobody but you knows about this place.

This is your secret place.

Imagine that you pick up a small stone and throw it into the lake. Notice the circles that ripple out from where it lands on the water. Throw a few more stones to make more circles on the water. The whole lake is now covered in countless circles, big and small, that make ripples and beautiful patterns on the lake.

Gradually the circles disappear, and the lake once more becomes smooth, just like a mirror, and so very still. It is so smooth that when you look into it you see your face reflected in the water. If you look deeper still, you can see all the way down to the bottom.

You see a shell down there below, and in it a shining pearl that radiates light. Notice the colour of the pearl and the light coming from it. Gaze at the pearl and see how the light from it begins to flow towards you. This light gradually fills your mind with peace.

Once you are ready, you begin to sense your body again and you open your eyes, but your mind and heart are still full of peace.



Respect

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing in front of a big tree. The tree is so tall that it reaches far up into the sky. A light breeze rustles through the tree's leaves. You feel how calming and comfortable it is to listen to the rustling as the leaves move in the breeze.

It is an unusual tree, because it has many types of leaves in all the colours of the rainbow and in different shapes too. Some leaves are small and delicate while others are very big.

This is the tree of life, and every single person on earth has their own leaf on it.

If you take a good look at the tree you see that no two leaves are the same.

And yet every single leaf is so beautiful and unique.

Now take an even closer look at the leaves and see if you can find your leaf.

What colour is it? Is it big or small? What makes it special?

You now look at the tree as a whole and notice how beautiful it is with all its leaves in different colours, shapes and sizes. Just like these leaves, every single person in the world is beautiful and precious in their own way.

You choose to respect each and every one the world over.

Once you are ready, you begin to sense your body again and you open your eyes, still aware of the good feelings inside you.



Security

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are out walking in nature. The sky is covered in dark clouds, and suddenly it begins to pour with rain. You are not wearing rain gear, so you look for shelter.

You can hear thunder rolling in the distance and then you spot a flash of lightning in the sky. Just one to begin with, but then it is as if the sky becomes covered in lightning flashes that illuminate your surroundings. You keep walking, and suddenly you spot an opening in one of the rocks. You decide to slip in through the opening.

You are now inside a cave. The cave is not very big, but it is lovely and cosy. In the middle of the cave is a small pond surrounded by pale green, soft moss. There is a big candle floating on the pond, giving off a warm light. You sit down on the soft moss and look at the light from the candle. To begin with, the candle's flame flickers, but gradually it becomes still. You feel how calming it is to watch the candle flame. You can hear the rain and thunder outside, but inside the cave there is complete safety and peace.

Finally, you can hear that the rain has stopped, and you decide to leave the cave. You emerge into bright sunshine, and all of nature is now sparkling clean. You feel good, your mind and your heart are filled with peace and a feeling of security.

Once you are ready, you begin to sense your body again and you open your eyes, but the feeling of inner security is still with you.



Self-respect

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are in a flower garden. It is a huge, fantastic garden where every single kind of flower that exists in the world grows. You are standing at the centre of the garden, inhaling the fragrance of the flowers. It's the best smell you've ever come across.

You walk over to one of the flowerbeds. It contains rosebushes with the most wonderful large, beautiful roses. Some are in bloom, but others are still in bud. You gently stroke the leaves of one of the roses and you feel how silky they are.

You lean in towards the rose to enjoy its scent even more.

You move to another bed. Here the flowers are tiny and delicate. Take a good look at them and notice their colour. Look at the flowers and feel how peaceful they are.

Now choose the flower in the garden you think is the prettiest. Sit down by the plant and look at it. Notice its colour and what its leaves are like.

This is your flower, and it reminds you of you. If you were a flower, you might be exactly that sort of flower. You feel affection for the flower.

Once you are ready, you begin to sense your body again and you open your eyes, but you can still feel a soft feeling of affection in your heart.



Simplicity

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are on an island. It is a small desert island. The island is surrounded by a bright blue ocean, stretching as far as you can see.

There are no people here apart from you, and there are no trees on the island.

There is nothing but masses and masses of green, fragrant grass all around.

You take your shoes and socks off and you feel the soft, cool grass tickling your toes.

When you inhale, the scent of lovely, fresh grass fills your being.

You walk barefoot in the grass and your heart feels free.

Life on the island is so simple - no people, no houses and no things. Only you and this soft, comfortable grass stroking your toes, and all around you the sea.

Now you lie down in the grass. You relax completely and empty your mind.

You look up into the sky above you. It is clear and blue, and you see a few birds flying overhead. Watch the birds glide slowly around the sky.

Once you are ready, you begin to sense your body again and you open your eyes, but your mind is still peaceful and free.



Strength

Make yourself comfortable and close your eyes.
Take a few deep breaths in and out and let your body relax completely.

Now imagine that you are standing in front of a massive waterfall.
The water cascades down from a tall cliff, like a gigantic shower.
A vast volume of water crashes down with incredible power.
At the bottom of the waterfall, white foam splashes in all directions.

You get closer and you look into the flow of water.
You are now so close to the waterfall that you can feel a delicate spray on your face.
The thundering of the waterfall is so loud that you can't hear anything else.

You feel how good it is to look into the water. It is as if it is filling you with energy.
While you look into the waterfall you forget everything else.
Now it is only you, the waterfall and this great energy.

Once you are ready, you begin to sense your body again and you open your eyes,
but you can still feel great strength within yourself.



Trust

Make yourself comfortable and close your eyes.

Take a few deep breaths in and out and let your body relax completely.

Imagine that you are standing in front of an enormous rock.

The rock stands alone, surrounded by endless sand as far as the eye can see.
The colours of the rock are greys, browns and blacks with clumps of moss and the occasional flower, here and there.

Take a good look at the rock. What shape is it? Can you maybe see any patterns or pictures in the rock? Are there any animals on the rock, or maybe some birds' nests?

Where you stand looking at the rock you feel the incredible strength it possesses.

Whatever may happen, the rock will not budge.

Despite thunder and lightning, earthquakes or snowstorms,
the rock will remain here in its place, unshakeable and utterly trustworthy.

Now imagine the rock's strength flowing over to you.

Your mind and body are filled with huge strength.

Once you are ready, you begin to sense your body again and you open your eyes,
but you can still sense inner strength and trust.

Topics for Discussion



Beauty

What is inner beauty? What are the most beautiful thoughts you can think of?



Care

What is care? What would the world be like if everybody showed care towards others? What can you do today to show care?



Contentment

What is contentment? If you could visualise contentment, what colour would it be? Can we feel content with something even if it is not the way we would like it to be? What kind of thoughts cheer you up?



Courage

What is courage? When do we need courage?
Think of an occasion when you or someone else showed courage.



Determination

What is determination? What is your goal in life?



Enthusiasm

What is enthusiasm? What fills you with enthusiasm? What interests you more than anything else?



Flexibility

What is flexibility? Why is flexibility an important quality?
What in nature reminds you of flexibility?



Freedom

What is freedom? What makes you think of freedom?
When do you experience the most freedom?



Generosity

What is generosity? If your heart were like a flower, what sort of flower would it be?
What would you like to give to others?



Goodwill

What is goodwill? Do you find it easy to feel goodwill towards others?
Find one positive quality in everybody amongst your family and friends.
Also find one positive quality in someone you do not like.



Gratitude

What is gratitude? What is the best and most positive thing in your life?



Honesty

What is honesty? Why can it sometimes be difficult to tell the truth?
Is it always better to tell the truth?



Humility

What is humility? Is it possible to be happy with yourself without being arrogant?



Joy

What kind of feeling is joy? If you could see joy, what would it look like? When do you experience the greatest joy? Can you be joyful simply because you are alive?



Lightness

What is lightness? If you could see lightness, what colour would it be?
What kind of thoughts create heaviness? What kind of thoughts create lightness?



Love

What is love? If you could see love, what would it look like?
Is it possible to experience love towards everyone, even people we do not like?



Patience

What is patience? How is patience a positive quality?

Do you know anybody who has great patience?



Peace

What is peace? What reminds you of peace? When do you experience the greatest peace?



Respect

What is respect? How do you show respect to others?

How do you respect nature?



Security

What is security? Do you sometimes experience insecurity? When?

What kinds of thoughts help you to feel secure?



Self-respect

What is self-respect? What positive qualities do you have?

Do you have the courage to be yourself even if you are different from others?



Simplicity

What is simplicity? Think about an occasion when there was a problem and you, or someone else, managed to find a simple and helpful solution.



Strength

What does it mean to have inner strength? If you could see strength, what colour would it be? Think about an occasion when you or someone else showed inner strength.



Trust

What is trust? What is needed for others to be able to trust you?

About Raja Yoga meditation

Although the meditations in this book are not directly drawn from Raja Yoga, they are inspired by it. Raja Yoga is a simple and effective method of meditation that leads the person meditating towards experiencing their own innate positive qualities. During Raja Yoga meditation we strengthen our connection with ourselves, rendering us more able to create a happy life, filled with good fortune.

If you are interested in finding out more about Raja Yoga meditation and would like to get in touch with the meditation centre closest to you, please check out the website www.brahmakumaris.org

All courses and events organised by the Brahma Kumaris are run free of charge.

