

Meditation for Calm

Shimmering Stars (Full version) - Marneta Viegas

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. If you lie there very still, you can hear the blades of grass rustling slightly. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering sparks in the sky.

These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. There is one star that catches your eye. It is the biggest star and it shines like a sparkling diamond. As you look at it, you can see all the colours of the rainbow in the star. This is the most beautiful star you have ever seen – it is gleaming in the dark sky.

The star appears to get bigger and bigger, it is getting brighter and brighter. This is the wishing star. You can wish for anything you like. Spend a few moments thinking about what you would like to wish for and, when you are ready, whisper your secret wish to the star. It is as if the star has heard your wish and is smiling. You feel happy and content that the wishing star has heard your secret wish, and you hope that one day your wish will be fulfilled. Be very quiet – try not to move a muscle – and think about how you would feel inside if your wish were granted. Stay there for as long as you like.