

Speaker 1:

The Sigil Chamber.

Speaker 1:

Don't use this recording whilst driving or operating machinery. Only use it when you can safely relax completely.

Speaker 1:

Take a moment now. You can lie down or sit down. Close your eyes and begin to pay attention to your breathing. And as you pay attention to your breathing, I'd like you to know that there is nothing of importance for you to do now, but just listen to the sound of my voice.

Speaker 1:

I'd like you to imagine, in your mind's eye, in your own way, a river. This is the river of your consciousness. The river of your conscious and unconscious mind. And this river leads deep, deep down into the lower levels of your unconscious mind.

Speaker 1:

Take a moment to observe the river. Notice the direction of the flow of the river. As you observe the ripples of the surface, you can notice, notice that the more deeply you look into the river the more distracted your mind becomes from distraction, and any sounds and distractions in the background simply drift away as you become deeply absorbed in the eddies and ripples and flows of the river of your consciousness.

Speaker 1:

You can notice reflections, images, thoughts bubbling to the surface. Eddies and whirlpools forming and shifting in the fluidity of your consciousness. Thoughts and experiences rise to the surface, and dissipate just as quickly as they arrive.

Speaker 1:

And as you take a moment to ponder the wonderful, endless fluidity of your consciousness, you can begin to notice that you are becoming more and more deeply relaxed. And as you become aware of this fluid nature of your consciousness, your unconscious mind can allow you to become aware of your unconscious mind, as you step forwards now into the river.

Speaker 1:

Here, in your unconscious mind, you are completely safe. No harm can come to you here. Then, as you step into the river, you will notice that the river is just as deep as it needs to be here to keep you safe. The temperature of the water is perfect, just right for you now. Not too warm, not too cold, just right for you. And here, in this place, you are completely safe.

Speaker 1:

Notice the gentle tug of the flowing water around you. Notice emotions, thoughts and ideas flowing just beneath the surface. And perhaps you can imagine that beneath the water is the depths of your

unconscious mind. Notice the order in the seeming randomness of your unconscious mind, as every thought, every feeling, every idea you have ever had moves with one common purpose. One common purpose towards your goal, towards your destination deep in your unconscious mind, in the chamber that is the end of this river.

Speaker 1:

Take a moment to enjoy the feeling of the water, the sounds of the water. Experience fully the feel of the water, as it moves across you now. Perhaps you can take a moment to notice any pleasing images you can see. From time to time, long forgotten, pleasant memories will bubble to the surface. And as you become aware of these images and sensations and sounds, you can just enjoy watching the m now because there's nothing of importance for you to do.

Speaker 1:

As you pay attention to the eddies and flows of the river of your unconscious mind, you can simply allow your conscious mind to drift. To drift away. And wherever you go, the sound of my voice will go with you, or carry along with you. But there's no need for you to listen to the sound of my voice. You can simply focus on what you wish to focus on now, knowing that your unconscious mind is deeply aware of everything that I say and will accept any beneficial suggestions that I give you now.

Speaker 1:

And as you become more and deeply aware of the images and sounds of the water, you can become aware of your conscious mind drifting further and further into the depths. And in a moment, you will hear me count down from 10 to one. And with each descending number between 10 and one, you can very slowly and easily begin to allow yourself to drift down this river, to allow the flow of your unconscious mind to carry you easily and gently. And if at any time you wish to immerse yourself fully, you will notice that you can breathe perfectly easily, even if you immerse yourself completely in this river, because you are completely safe here. Your mind will do you no harm.

Speaker 1:

And as you drift along, you notice a strange, floating, drifting sensation as your mind simply begins to forget about the presence of your body. You can just allow yourself to relax. And as I count down with you, you become more and more immersed, less and less aware of the outside world, going more and more inward, deeper and deeper.

Speaker 1:

10. Nine. Eight. Seven. Six. Five. Four. Deeper and deeper now. Three. Two. One. All the way deep down, relaxed.

Speaker 1:

And as you begin to drift down the river of your unconscious mind, you can become aware of your unconscious mind now, and your unconscious mind can give you any suggestions that you need right now that will help you. Help you to achieve your goals and your desires. Your unconscious mind will deliver to you the suggestions that are most beneficial to you right now.

Speaker 1:

And as you drift along in this river, deeper and deeper, you are becoming less and less aware of your body. As you notice the position of your limbs, your unconscious mind will allow you to realise that there's no need for you to focus. And as you become more focused, the harder you try to focus, the harder it will become, as your limbs become an abstract, as your body becomes an abstract, distant idea, as you relax more and more deeply.

Speaker 1:

And my voice will go with you and remain constant here in this place, but you don't need to listen to me directly. You can simply trust that your unconscious mind will listen to everything that I have to say, and accept all these beneficial suggestions and make them part of you now, forever and ever.

Speaker 1:

And very soon, you will notice, notice a cave. You are approaching this cave, and the cave is far in the distance at the moment. And you know that this cave leads to the chamber of sigils deep in your unconscious mind. And even now, your unconscious mind is beginning to show you symbols, images, emotions, feelings and sounds connected to that which you desire most. And all of these things are heading towards the chamber of sigils deep in your unconscious mind.

Speaker 1:

And here, deep in your unconscious mind, you know that in the chamber of sigils all of these things will coalesce to show you one perfect composite image of all you desire. A sigil with which you can work, a symbol of your unconscious desire, and you can attach whatever feeling you wish to attach to this symbol, this sigil.

Speaker 1:

In a moment, you're going to hear me count downwards from 10 to one. And with each descending number, the cave containing the chamber will become closer and closer, and when I reach the number one you can step out of the river into the cave and proceed into the chamber. And with each descending number, you will become more and more deeply aware of the symbols of your unconscious mind.

Speaker 1:

And as you become more and more aware of the symbols of your unconscious mind, you can allow yourself to know that your unconscious mind is working with you and will show you those things that will benefit you the most now. You can trust your unconscious mind to work with you, because it always has and always will.

Speaker 1:

10. Nine. Eight. Seven. Six. Five. Four. Closer and closer now. Three. Two. One. All the way deep, deep down, relaxed.

Speaker 1:

Take a moment to move through the cave into the chamber of sigils. Imagine this chamber now, deep in your unconscious mind. Notice details of the chamber. There are symbols on the walls and the floor, the symbols of your deep, underlying desire. Your unconscious mind reveals itself to you completely and totally here. You can take a moment to observe the detail of this place. You are completely in control,

and as your unconscious mind reveals itself to you, you can be pleased with yourself and just relax and enjoy the experience.

Speaker 1:

Perhaps you can notice light flickering from the wall, and wonder how this room is illuminated. What is the floor made of? And if you notice any details you would like to change, you can do so now. There's so much time here in this place, and you can revisit this place whenever you need, because this place now, here, is permanent in your mind. And you can revisit easily any time you need, but for now you can relax and enjoy being here in the present.

Speaker 1:

You can notice these symbols. They may appear as light, shape. They may appear three-dimensional. They may be completely flat, painted on the walls. They may move. They may be colourful. They may have texture, smell, taste, and feeling. Some people even imagine sounds. Combinations of all these things can exist here in this place. But know now that here, in this chamber, is your innermost desire and the representations of your innermost desire.

Speaker 1:

The thing that you need most right now will appear to you as a sigil, and you can know that, because it's your wish to gain that which you desire the most, your mind will easily allow you to accept and to access these sigils deep in your unconscious mind. And you can know that there's no need for you to consciously understand what they mean. Your unconscious mind already knows everything you need.

Speaker 1:

Imagine now, in the centre of the chamber, a pool of liquid. Notice the details of this pool. Notice that around the edge of the pool are meaningful symbols inscribed. You can take notice of these now, if you wish. Take the time to observe the nature and makeup of this pool, the movement in the liquid, because this is your deep, unconscious mind, the part of your mind that creates, the part of your mind that is creative, that takes emotion and turns it into symbols, sounds and feelings.

Speaker 1:

I want you to imagine the part of your unconscious mind that best represents your most immediate intent now. Take time to fully imagine that part. Some people imagine an object. Some people imagine words floating in the air or written on a piece of parchment. Perhaps you'll imagine sounds or colours, even feelings. And there is so much time here in this place, you can take time to fully form these images now.

Speaker 1:

Now, take that part that most represents your immediate and innermost intent now, and immerse it gently into the pool. As you allow it to sink into the pool, you can relax, noticing stirrings on the surface of the pool, movement in the water as your unconscious mind forms a sigil for this intent.

Speaker 1:

Let the sigil form for you now on the surface of the water, and as the sigil forms on the surface of the water, you can allow the sigil to form any way you need it to. Observe the sigil. How do you feel?

Speaker 1:

Take a moment to scan your body. Notice if you become aware of any areas of tension or anxiety on the body. If you notice any of these areas, you can simply cure them away. Counting backwards from 10 to one now, with each descending number making that tension disappear, and with each out breath the tension becomes less and less.

Speaker 1:

This is simply a physical reaction, the primitive, fearful part of your mind, the part of you that fears change, and you can simply embrace it now and ask it to turn down, because you are totally in control here in this chamber. And you can allow your unconscious mind to let you know exactly what you can do to make it easier for the sigil to do its work. What pathways you can clear, what methods you can employ to speed up the process of gaining your desire.

Speaker 1:

And your unconscious mind may let you know now, or in a few days' time, but know that it will let you know when it is ready. And you can trust your unconscious mind now to let you know in what way best to allow it to use the sigil, and to let this symbol of your unconscious desire do its work.

Speaker 1:

Take a moment now to relax, here in this place, with your sigil. And so now, I'm going to awaken you. You are going to hear me count upwards from one to 10. With each ascending number, you'll become more and more awake. When I reach the number eight, you will open your eyes. When I reach the number 10, you will be fully, wide awake, back in the room, all normal sensations returned to your limbs.

Speaker 1:

When you awaken, that part of you that remembers the exact details of the sigil that you have formed, will be easily accessible to your conscious mind at any time you need. And you can awaken and take some time to make a physical representation of this sigil, in whatever way suits you. And your unconscious mind will let you know the best ways for you to allow the sigil to do its work easily and safely for you.

Speaker 1:

And so as I count upwards you are becoming more and more awake. When I reach the number eight, you will open your eyes. When I reach the number 10, you will be fully, wide awake, all normal sensations returned to your limbs. You will awaken feeling refreshed and alert, easily able to access this deeply unconscious image in your mind of the sigil that you've created.

Speaker 1:

Ready?

Speaker 1:

One. Two. Three. Waking up. Four. Five. Six. Waking up. Seven. Eight. Open your eyes. Open your eyes. Nine. 10. Wake up.

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