



Exercise 7 - Triskellion, Merlin, and Stonehenge

For this exercise, find a quiet place where you can relax without distractions. Before beginning, clean the space energetically with sage. Move slowly through the room and set the intention that the space is purified, protected, and prepared for healing, connection, and spiritual work.

Sit down comfortably and begin breathing calmly, deeply, and consciously for three to five minutes. With each breath, allow your body to relax, your mind to become quiet, and your awareness to enter the present moment.

When you feel centered, visualize the Triskellion symbol appearing in front of you. See it glowing with sacred light. The Triskellion symbolizes the union of mind, body, and spirit. Allow its energy to harmonize these three parts of your being.

Then visualize the mage Merlin appearing before you. See him surrounded by wisdom, magic, protection, and ancient knowledge. Merlin will guide you to Stonehenge, a sacred place of power, connection, and spiritual alignment.

Visualize yourself arriving at Stonehenge. See the ancient stones around you, the sky above you, and the Earth beneath your body. Feel the sacred energy of the place activating your physical body, energetic body, and consciousness.

Merlin now sends you healing energy. Receive this energy into your physical body, your emotional body, your mental body, and your energetic field. Allow it to cleanse, harmonize, strengthen, and restore you.

As you remain in Stonehenge, feel yourself reconnecting with your true self and your essence. Feel your inner power becoming stronger and clearer.

Then visualize a ray of cosmic energy descending from Aldebaran, the brightest star of Taurus. This star energy enters through the top of your head and flows through your entire body. It connects you with the cosmos, raises your consciousness, and helps you evolve.

Now visualize dragons appearing around Stonehenge. These dragons surround you with protection, strength, wisdom, and ancient power. Feel their energy creating a protective circle around you as you continue receiving healing from Merlin, Earth energy from Stonehenge, and cosmic energy from Aldebaran.

Remain in this visualization for 10 to 15 minutes. Breathe calmly and allow the energy to move naturally. You may receive messages, symbols, sensations, images, or intuitive insights. Simply observe and receive without forcing the experience.

When you feel complete, give thanks to Merlin, the Triskellion, Stonehenge, Aldebaran, and the dragons for their assistance and protection.

Take a few deep breaths, feel your body, and return slowly to the present moment.

End the exercise feeling protected, healed, connected, empowered, and aligned with your true self.