

# Visualization: Meet Your Dragon

## Initiation — Dragon

"Confidence is like a dragon: for every head cut off, two more heads grow back."

### Inspiration

We are spiritual beings experiencing a human life for a while—not humans who only occasionally have a spiritual experience. Within us lives our Fire Dragon: our joy, our power, the eternal light, our elixir of life.

Breathe slowly in and out...

Imagine you are traveling the world. You pass through every kind of landscape, the most beautiful nature—fields, forests, rivers, mountains and valleys.

You arrive in a valley: the valley of your dragon—the one place only you know. Deep in your heart it resounds: here lives my dragon.

No one can ride your dragon—only you. No one can rein it in—only you.

Your dragon is nowhere to be seen; perhaps it still sleeps among the bushes or has withdrawn into a cave. Give it time to sense your presence. Feel yourself supported and get ready for this meeting. Look at your clothing. What are you wearing to meet your dragon? Which colors? Is it good enough? No? Then put on your 'dragonrider outfit'. It matches your dragon perfectly. Choose your bracelets or necklaces. Let it appear now.

You are the only one who can command this dragon. You are the only one it listens to. It does only what you say. Feel your power. Call your dragon now. Let it emerge—from its cave or from the shrubs—appearing in all its splendor, its power, its greatness and its fire.

Your dragon knows who you are; it eats from your hand. You are its leader, its master. Look at yourself again—you look just as fiery and powerful as your dragon. Mount your dragon. Climb on top. Feel the dragon—feel its strength. You decide what it should do or not do. Feel your power. It breathes fire, swishes its tail, and moves with far more force than it even realizes...

Now give your dragon the command to lift off and fly. Fly over mountains and valleys. Feel that force—the power of fire.

Destroy now—together with your dragon—the old patterns, beliefs and thoughts. Break them down. Annihilate them. Breathe fire!!!

Let your dragon's tail sweep away what no longer serves you. Feel it. Know what you are breaking down. Feel and know why you are breaking it down!!!

When you think it's all finished, a hidden valley suddenly appears. New scenes, thoughts and patterns arise—ones you thought were resolved long ago. Fly there with your dragon and destroy them again!!! Keep going until you are tired and spent...

Now notice the feeling in your belly—and in your dragon's belly—of satisfaction and fulfillment. Fly together to a beautiful, quiet place. That is where you can land.

Look at yourself now with deep love—for the brave hero within you, the courageous dragonrider who has done her or his work.

Honor your dragon. Pat it, stroke it, give it a worthy compliment. Dismount and allow yourself and your dragon to come to rest. Glance back at what you have left behind...

See the fragments—the old fears and patterns you have broken and destroyed. Your dragon is satisfied and retreats into its den or the thicket, curling up to sleep. Let it do its thing.

Know that you can always call on your dragon for protection and renewal.