

# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

Breathe.

Don't worry about breathing a certain way, or your position - just breathe deeply for you. Feel your breath moving in and out of your body. Shift your position to exactly what feels best for you, and notice where your body touches the surface you're resting on.

Are there any pressure points? Any tightness or tension? Bring your attention there, and make an effort to relax those places. To release any tension or tightness. Get comfortable now.

With your eyes closed, begin to focus on your breath moving in and out of your body. Notice the movement as you inhale, and relax as you exhale.

See the dark space behind your eyes. Look at that darkness. Feel how it's inside you, all around you. It encloses you and keeps you safe within. You can move through that depth of black space, navigate within it.

And as you breathe, you feel lighter within it. As you breathe you become lighter - you can easily float through it. You are floating, and breathing - still and quiet within the darkness.

It stretches out beyond your reach, but you can find your way through this endless space, you are safe here. You can move up and down, left and right, freely and easily floating in the dark space...

Up ahead, you see a point of light, small and distant. Turning in that direction, you notice it gets brighter as you move towards it, growing bigger before you.

You are aware of a path through the darkness, and beyond that the shape of a doorway, and you set yourself upon that path. There's bare earth beneath you, and you are moving towards the doorway.



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

There's light beyond the door, and you push through into the light, you are following the path through the doorway, out into the fresh air and down, and down... you are moving on the path and it's leading you down.

Observe what is to the left, and to the right of your path as you follow it down. Look at your form as you move on this path, the way the ground changes beneath you as you make your way down, towards the beach, and you're moving down towards the shoreline.

Look out over the sea, the vast horizon as it stretches before you. See the waves as they reach the shore, coming to meet you on the boundary between earth and sea. This is the between place.

You move along the shoreline, the boundary. As you go, listen to the sound the waves make as they break and flow towards you. Hear the birds that call to each other, and to you, as they fly overhead. You can smell the salt in the air, taste it on your tongue. Breathe it deeply and sense how it cleanses and refreshes you.

Reach down now, and take some of the beach material in your hand. Run it through your fingers, then let it rest in your palm. How does it feel to you? Enjoy the sensations of that liminal space, the place between places.

Sit awhile, on this Beach, at this time.

Think about what you would like to accomplish here, what you might learn through these Journeys.

Notice what feelings arise - don't judge or censor, just be aware.

And when you're ready, we can leave the Beach for now, but return at any time you would like to, or need to.

Rising, you begin to make your way back.



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

Now you turn and begin to progress back up the beach, back the way you came, along the shoreline, the boundary. Enjoy the sensations of that liminal space, the place between places.

Reach down now, and take some of the beach material in your hand. Run it through your fingers, then let it rest in your palm. How does it feel to you?

You can smell the salt in the air, taste it on your tongue. Breathe it deeply and sense how it cleanses and refreshes you. Listen to the sound the waves make as they break and flow towards you. Hear the birds that call to each other, and to you, as they fly overhead. Look out over the sea, the vast horizon as it stretches before you. See the waves as they reach the shore, coming to meet you on the boundary between earth and sea. This is the between place.

You continue to move back up along the shoreline, the boundary... seeing ahead the path that leads back up, away from here, away from the beach, and you follow it up.

Observe what is to the left, and to the right of your path as you make your way back up. Look at your form as you move on this path, the way the ground changes beneath you, as it changes to the bare earth of the first pathway you found, and you are moving upon the earth that will lead you back into darkness.

Back to the doorway that you first came through.

Reaching the doorway, you move back through it, from the light into the darkness. You feel that deep space fold around you, safe and comfortable as you move deeper into it, feeling like it is welcoming you back inside.



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

You take a deep breath, knowing this security, feeling how it surrounds you. And as you breathe, you feel lighter within it. As you breathe you become lighter - you can easily float through it. You are floating, and breathing, still and quiet within the darkness.

It stretches out beyond your reach, but you can find your way through this endless space, you are safe here. You can move up and down, left and right, freely and easily within the darkness.

Look at that darkness, feel how it's all around you, inside you... it is you.

This is the dark space behind your eyes. Your eyelids are closed, and you can feel your lungs working in your chest as you breathe.

You can feel where your limbs rest, so you move your body and have a really good stretch out. Feel your bum planted safely in this world - you are securely inhabiting your physical body.

Wiggle your fingers and your toes. Shift your arms and legs. Get up if you'd like to, and move that body! Take a drink of water... and then write it all down. No filter, no processing, just record everything you remember.

This is the most important part of your Journeying practice - keep a record of everything.

When you're done, stand up and stretch again, move some more, and go eat something!



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

*I'd love to hear how your Journey was?*

*Let me know in the comments below, or in our Community Group at [Facebook.com/groups/OtherworldJourneys](https://www.facebook.com/groups/OtherworldJourneys).*

*You'll find more like this at [www.LoraOBrien.ie](http://www.LoraOBrien.ie).*

**DATE/S OF COMPLETION:**

-----



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

**RECORD YOUR JOURNEY**



# Lora O'Brien



AUTHENTIC CONNECTION TO IRELAND

## 01 - The Beach

**WHAT IS YOUR PRIMARY LESSON HERE?**

**DO YOU WANT TO DO THIS JOURNEY AGAIN?  
WHY/WHY NOT?**