

Healing Relationships TCA.

Personalized Guided Imagery Script.

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[3 minutes].

Centering/Grounding. Eyes open, closed, partially closed.

[5 minutes].

Traveling through the body.

Begin to turn your awareness inward to the inner world. Allowing the outer world to fade into the distance. Sensing the body breathe, turning inward.

Bring your awareness to the face: chin, cheeks, jaw joints, eyes- allowing the eyes to soften, releasing tension, nose, forehead, softening. Whole face.

Sides of head, temples, ears- opening to sound; back of head, whole head.

Travel your awareness to the neck & throat, inviting ease, openness.

Across the shoulders to the upper arms, elbows, lower arms, wrists, backs of the hands, palms of the hands, fingers to the fingertips. Rest your awareness at the fingertips, sensing the body breathe.

Travel up the arms to the collar bones, sternum & ribs; heart and lungs held within- sensing the body breathe.

Become aware of the torso @ the solar plexus, the organs and glands within.

Lower abdomen, organs within. Whole body breathing.

Pelvis, pelvic bowl, pelvic floor, organs contained within the pelvic bowl. Whole torso and spinal column.

Buttocks, hips, upper legs, knees, lower legs, tops of the feet, soles of the feet, toes to the toe tips. Rest your awareness at the toe tips.

Whole Body~~~ Awake and aware.

Travel your awareness up through tips of the toes, and the tips of fingers to crown of head. Resting your awareness at the crown of the head as the whole body breathes. Restful awareness.

Pause.

[10-12 minutes].

Guided imagery.

Now begins the guided imagery portion of the practice. There is nothing for you to do beyond listening to my words and opening to whatever your consciousness reveals.

Spacious awareness. Pause.

You are standing on a walking path, in a lush green landscape. Hearing the sounding of bubbling water in the distance, you are curious, following the sound of flowing water. The vista below is somewhat obscured, you are even more curious now, and you begin to take steps along this path. Ten steps down the path. 10, 9, 8, 7, 6, the scene begins to be visible, the fragrance of meadow flowers, grass and earth floats up to you. 5, 4, 3, 2, 1. At the end of the path, you are greeted by bow of a soft-eyed, smokey gray, bejeweled elephant; gesturing to raise you up to the height of a gracious tree house above. You accept the invitation.

Arriving in the tree house you are enchanted by the scene beyond: a meadow bursting with color, surrounded by mountains and trees full of autumn hues: vibrant red, gold, orange and yellow among the greens of mountain spruce. A stream runs along the meadow's edge, leading to a calm, clear lake nearby. You see the scene clearly now, taking it all in. Far in the distance you notice a range of mountains, rising high above the meadow, snow-capped, regal and grand. Pause.

Once you have begun to acclimate to your surroundings, you turn you attention to the treehouse room that you are in. Lanterns

are hung around the perimeter, giving a warm amber glow to the room. The floor is covered in soft, dense carpets, pillows and blankets are arranged to create a cozy sitting area. You see a well-loved, cuddly Pooh Bear sitting snugly among the cushions. Atop a low table sits a tea service, complete with steaming teapot, cup, place setting, and treats. Crystals glisten from the tabletop. In the company of Pooh, you enjoy some refreshments, cozy in the soft warm blankets.

Once refreshed, you climb down the treehouse ladder to the ground below. After taking a few steps, you raise your gaze to be met by the eyes of your spirit guide, sparkling eyes partially framed by a long white beard. Wearing a flowing white cloak, holding a staff, your spirit guide turns to the scene around you, inviting you to explore it more fully. Walking through the meadow you are comforted by the relaxing warmth of the sun. The air is filled with wondrous fragrances: earthy tones of the meadow, interlaced with the sweet smell of lilacs.

Pause

You begin to walk towards the edge of the meadow, captivated by the sound of rushing water. Butterflies of various sizes float past: blue, orange, white. A snowy white owl is perched on a tree branch, high above the ground, looking down at you approvingly. A few big cats appear out of the brush as they make their way from the meadow to the forest.

Approaching the meadow's edge, the sound of rippling water becomes louder. A spray filled waterfall emerges in your view. As you walk along the stream bank, approaching the lake beyond, other animals reveal themselves to you: a pair of wolves: one gray, one white. They smile at you and at your spirit guide. Swooping and gliding in the clear blue sky, hawks fly from treetops to treetops across the meadow.

Pause

The water becomes calmer as you reach the lake. Ready for a rest, you see the glow of a warming, kindling fire. You take a seat on what seems like a perfect meditation rock next to the fire. You sit, in ah of the abundance, magic, and peacefulness of this place. Your senses open to the surroundings: the sound of the wind sweeping through the trees, leaves rustling, the smell of spruce, earth, lichen, flowers, and fresh, clear water intermingle as you take several full breaths, breathing in the freshness. Honeybees buzz round the clover, buttercups, poppies, daisies, and colorful wildflowers. A family of deer, including a baby deer peek out from among the trees.

Pause

The lake is enticing. You rise up from your seat, slowly moving toward the water's edge. You dip your toes in, sense the refreshing cold and walk a little further in. The water is chilly and cleansing. The ripples still as your feet and toes settle into the soft, sandy lakebed. Safe among the animals and your spirit guide, you lower yourself more fully into the cool, clear, smooth water, submerging your whole body below the surface.

Pause You emerge, cleansed and renewed, taking in your surrounding with fresh eyes.

Pause

Fully immersed in these glorious surroundings, is there anything else that you notice or sense? Possibly something that you have not been aware of before? Allow yourself to open to the whole of the experience.

Pause.

You turn to face the shore, the rock where you were seated and the path along the stream leading back to the treehouse. Your spirit guide joins you along the way back. The elephant, large cats, wolves, and deer family follow along in the background,

drawn to your presence. You take your time, savoring the experience.

[2-3 minutes].

Reentry, returning to the body, this place & time.

Once you reach the treehouse, you glance at the animals, then bow to your spirit guide, giving thanks. Your elephant friend kindly lifts you up to the coziness inside the treehouse. You look across the lush landscape, drinking it in as you prepare to leave this place.

An open door at the back of the treehouse leads to the path that brought you here. You take the ten steps back up along the path, returning to where you began. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Pause.

Return to the room that you are in, the surfaces of the floor, walls and ceiling. Sense the touch of the fabric on your skin, the touch of the air on your skin. Begin to notice your breath: the gentle expansion of the inhale, the natural release of the exhale. Sensing the whole body rise and release. Return to the physical body, supported by the surfaces below you. Begin to invite movement back into the body, small movements. When you transition back to the world outside.

Om, shanti, shanti, shanti.

Peace, peace, peace.

May you live in peace.

Namaste.