

Guided Visualisation



Doing a guided visualisation

Firstly, you need to decide on A Special Place just for you. It can be a beach or lagoon or a river or a waterfall; the bush or a mountaintop, the desert or a church or temple. It can be any physical place that you can imagine which is your special place to be, to just be. It is place where you feel calm, and at peace and safe and at ease. (Everyone indicates when they have a place)

Guided Visualisation/Imagery:

- Get comfortable (either sitting or lying down, which ever suits you. Do not cross your legs or arms. If you feel the need to move that is fine)
- Now I invite you to go into your body and find a place that is comfortable (that may be your tummy or chest or even a hand)
- I want you to just breathe in and out and be aware of your breath
- Now imagine breathing into that comfortable place in your body and just “let go”
- Let’s just work through our body parts
- Let’s start with your left foot, breath into that left foot and just let go.
- Left calf, left thigh, right foot, calf, thigh
- Each time you breathe into that body part just “let go”
- You feel warm and comfortable and you are sinking further into relaxation
- Now breath into your buttocks, tummy, chest, back, neck, face, head, shoulders, arms, hands.
- Keep breathing and feel that body part relax at every breath
- From your head to your toes, every time you breath just “let go”
- You feel comfortable and at ease and you are at a relaxation level that is just right for you.
- You are going to go to a world of your own. In this world you will be able to achieve all the things you want
- You can go as deep as you want
- Your breathing will carry you down and your imagination can drift
- Now imagine a pond. You are going to drop a pebble or precious stone into that pond. The first stone is confidence. Watch it sink to the bottom and feel the feelings of confidence radiate through your body.
- Now drop the 2nd stone. It represents calmness and again feel the calmness radiate through your body
- These 2 things of confidence and calmness are yours to keep you can have them at anytime simply by thinking about the pond in your mind and dropping the stones into the pond to release the confidence and calmness.
- Now, imagine you are walking along a corridor and you come to a barrier. The barrier says “STOP, dump rubbish here”. It is like a rubbish chute or maybe it is a tree.
- It is time to dump all the rubbish in your life. The things that harm you and don’t help you. It may be your negative thoughts. Or worries about family or

friends or school. Anything in your life that is painful or harmful put it down the rubbish chute and hear it being sucked away. Put the things you know about and trust your unconscious mind will put the other things you are not quite aware of down that rubbish chute too. OR maybe up ahead there is a tree that says: "Worry tree, put your worries here". If that suits you better, put all your worries on that tree, hang them up because you do not take your worries into your special place.

- Now up ahead there is a door. Visualise the door. Walk up to it and open the door.
- Step inside and shut the door behind you
- What you first see is the most beautiful garden you have ever seen
- Imagine it – the trees and shrubs and grass and flowers. The birds and bees. All the colours of the flowers and birds. You can see the blue sky and perhaps some fluffy clouds. You can feel the warmth of the sun and how the light comes through in a dappled way. You can feel a gentle breeze on you. This is a beautiful place and you are just drinking it in. You can feel it, smell it, hear it.
- You notice a pathway. You just start walking down this pathway, still noticing all that is around you and luxuriating in the beauty. You have a sense of being at peace and calm and safe and totally at ease.
- As you come around the next corner the pathway opens up to your special place.
- Now visualise your special place. See it, feel it, smell it. Let it fill your senses.
- This is your place to turn off from the world and get in touch with your unconscious mind and show it what you want.
- Imagine this place in all its glory
- I am going to leave you for a few minutes now in your special place. If you want to please say your affirmation 3 times in your head and then just keep visualising and feeling your special place
- Leave the participants for 2 to 5 minutes
- I invite you now to leave your special place and in your own time come back to this room and feel this floor under you. Wiggle your fingers and your toes. Place your hands over your eyes and gently open your eyes. When you are ready remove your hands and sit up and stretch

Homework: Find a partner, between now and next time we meet make time to do this guided visualisation for each other. You will need 20 minutes x 2. Once be the guider and once be the receiver.