

GUIDED IMAGERY

Imagine yourself walking slowly down a path toward your special place. This path can be inside or outside. The path is comforting and peaceful. As you walk down this path, imagine all of your stresses, worries, and tension are leaving you. Enjoy this journey to your special place.

As you walk down this path, notice the ground beneath you...how it feels as you walk. Notice the sounds...the comfortable temperature of the air. Take a breath in, feeling all your tension leave you as you exhale. Notice any fragrance that may be here. Notice the view around you. Reach out and touch something around you. Feel its textures...

You feel calm and safe. All your worries and anxieties being left behind as you move toward your special place... (PAUSE 30 sec)

Walk down this path until you arrive at your own special place...and when you have reached this special place, go ahead and enter... (PAUSE 10 sec)

You have arrived at this relaxing and peaceful place. Notice the ground underneath you... whether it is hard or soft. Notice how the ground feels below your feet. Listen to the sounds in this place, both close and distant. Smell the air, the fragrances. Notice the temperature of the air around you.

Look above you... Notice the colors and sights above you. Look out into the distance... as far as you can see... Take in all of the sights, fragrances, and sounds around you.

Reach out and touch something in this place... Notice it's texture and how it feels against your skin. Notice the different objects around you... their shapes, textures, and colors. Notice the light and shade of this place and how it reflects off of these objects.

There is a comfortable place for you to sit or lie here as you take in all the smells, sounds, sights, and textures... As you sit or lie in this place, away from it all, you feel calm and secure, refreshed and renewed, strong and at peace. As you enjoy this place for a few minutes, you know that you can come here whenever you please, and that this place will always be waiting for you... (PAUSE 3-5 min)

Now it's time to come back... leave by the same way you came, enjoying the path... and as you return on this path, you start to also notice the room in which you are sitting... start to wiggle your fingers and toes... and when you are ready, slowly open your eyes and stretch your muscles.