

Sample Guided Imagery on Health Vision

As we begin, get into a comfortable position with both of your feet planted on the floor and your hands resting in your lap or along your sides, or in whatever position is comfortable for you. Then, allowing your eyes to close or cast down, begin to focus your awareness on your breath. Breathing in and breathing out, slowly and comfortably. Breathing in and breathing out, easily and effortlessly. With each breath, becoming more and more relaxed, letting go of any outside sounds. Just allow yourself to go deeper inside....a reminder of how good it is to leave the noise and stress of the outside world and journey into the quiet and peace of your own inner world. And, as you sink deeper down into quiet and ease, imagine that your feet are firmly planted in the floor like a tree with roots extending into the earth. In this moment, feeling your roots extending into the floor so that no matter where you go on this journey, you will feel solidly connected. (Pause)

From this relaxed and comfortable place, imagine yourself walking into a natural setting and finding a path. Head to the path and begin to follow the path. As you are slowly walking along the path, take time to notice what is around you. What time of year/season is it? What details do you notice in the space around you? What's the temperature of the air around you? Whatever the temperature, feeling free in your imagination to warm it up or cool it down depending on what you like or need in this moment. As you continue to walk along the path, notice the colors, shapes, textures of the objects around you. Also, noticing the sounds along this path. Is it primarily quiet with just the sounds of your steps or perhaps you hear the sounds in this environment. As you walk, being aware of what's around you and with you along this path. Notice the feeling of the path beneath your feet. Feel free to pause along the way, maybe even sitting down as you need to, on benches spaced along the path. (PAUSE). And, then continue as you are ready. (PAUSE).

Soon, you notice that you are coming to a beautiful gate, just in front of you, along the path. And next to the gate is a basket. When you reach the gate, feel free to leave anything in this basket that you may not be serving you. (PAUSE) Now, unlatch the gate and step through the threshold into a place and a time that is 2-3 years into your future. This is where your Future Self lives. This place looks different from where you just came and yet, it is somehow familiar.

Continue walking along the path until you come to the dwelling of your Future Self. As you come closer, notice—your Future Self is waiting for you; waiting to talk to you. Greeting your Future Self, notice how she/he greets you in return—welcoming you to this time and place in the future. Notice what it feels like to be with him/her—this Future Self that lives a life of optimal health and well-being. Soak in the environment around you, noticing colors, texture, temperature, smells as he/she invites you to a comfortable place for a conversation.

Now is your opportunity to ask questions of your Future Self. Perhaps you may want to ask, "What goals and actions will I need to set in order live a life of optimal health?" "What support do I need?" "Who do I need to BE right now in order to move forward?" Or ask your Future Self anything that feels right to you. (PAUSE). Take a moment and listen to the response (PAUSE).

Before you leave ask your Future Self last two questions and listen to the response: First ask your Future Self, “What stands out most in your memory of the last few years?” (PAUSE). Now ask, “What do I need to be most aware of to get me from where I am now to where you are?”

Bring this visit with your Future Self to a close, thanking him/her for being here with you today and sharing their wisdom.

Finding your way back to the path, walking along until you come to the gate. Take a deep breath and step through the opening in the gate to this time to the environment where you began. Continue walking along this path—now, connecting with your footsteps and your breath. Good.

In a moment, I’m going to count from 3 to 1. At the count of one, you will be refreshed and alert, as if you have had the perfect amount of rest, knowing you can remember everything you wish of this inner journey. When you open your eyes, please remain silent, pick up your paper and crayons and begin drawing whatever you remember from this journey—without judging—just draw what comes to mind. Three—coming back to the present time, becoming more alert and refreshed. Two—stretching your body, feeling the ground beneath you. And One— eyes open, refreshed and alert.