

Imagery Exercise

- 1** Sit comfortably or lie down, make sure you are cosy and won't be disturbed.
- 2** Take two changing breaths to allow your body to notice you are changing gear. Bring your awareness to your breath, not trying to change your breath in any way, just breathing at your own pace.
- 3** Now scan your body from your head to your feet, noticing any places of tension or discomfort and releasing as you breathe out. You may like to breathe in 'relaxation' and breathe out 'tension'.
- 4** Now imagine you are in a place of great peace and tranquillity, a place where you can be totally free and relaxed, a place of comfort and safety and security. If you haven't done this before, think of it as a special place, just for you. It may be a place you have been before that brings happy memories, or a new, imagined place.
- 5** Allow your mind to create your environment. What colours and textures can you see? Is there a smell? What can you feel? Try to bring to mind as much detail of your special place as you can. Allow yourself to either wander through the landscape or to be still, experiencing your special place and all it offers you.
- 6** You may feel a sense of healing energy flowing through you, a lovely feeling of safety and relaxation wherever you are. Stay in your special place as long as it feels right.
- 7** When you are ready, and knowing you can return to this place of safety at any time you choose, allow your focus to come back to your breath again. Take two more changing breaths before gently opening your eyes. Wriggle your fingers and toes and if comfortable have a stretch.
- 8** Take a drink of water before continuing with your day.