

guided imagery

1. Verb
2. Verb - Base Form
3. Adjective
4. Part Of Body
5. Adverb
6. Adverb
7. Verb - Present Ends In Ing
8. Part Of Body
9. Noun
10. Noun
11. Verb - Base Form
12. Verb - Present Ends In Ing
13. Adjective
14. Landscape
15. Noun
16. Noun
17. Noun
18. Adjective
19. Noun
20. Animal (Plural)
21. Verb - Present Ends In Ing
22. Noun - Plural
23. Location

24. Color
25. Location
26. Noun
27. Noun
28. Emotion
29. Emotion
30. Place
31. Noun - Plural
32. Noun
33. Noun
34. Adjective
35. Adjective
36. Part Of Body
37. Liquid
38. Part Of Body
39. Part Of Body
40. Liquid
41. Adjective
42. Liquid
43. Part Of Body
44. Liquid
45. Verb - Present Ends In Ing
46. Verb - Present Ends In Ing
47. Landscape

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To begin the visualization, _____ Verb or _____ Verb - Base Form down in a _____ Adjective position and close your _____ Part of Body. Take several _____ Adverb, _____ Adverb abdominal breaths. As you begin _____ Verb - Present ends in ING you may be aware of a variety of physical sensations or thoughts. Scan your body for any muscle tension. If you become aware of any tension, tense the _____ Part of Body for a few seconds and relax them. Acknowledge any thoughts or concerns; you may imagine them as a _____ Noun releasing them into the _____ Noun to _____ Verb - Base Form away.

Now, imagine that you are _____ Verb - Present ends in ING down a path into a _____ Adjective _____ landscape.

As you walk along the path you take in the sights, sounds, smells, and feel of the environment. All around you are _____ Noun, _____ Noun, soft _____ Noun, and _____ Adjective _____ Noun. You hear the soothing sounds of _____ Animal (plural) _____ Verb - Present ends in ING and the breeze as it gently blows through the _____ Noun - Plural. You smell the rich dampness of the _____ Location floor, and the new spring growth.

Through gaps in the treetops you see the sun high in a cloudless, _____ color sky. The sun is dispersed through the canopy of the treetops and filters its warmth down onto the forest _____ Location, creating intricate patterns of _____ Noun and _____ Noun. With each breath you take you feel a deep sense of _____ emotion and _____ emotion.

You soon come to a _____ place. There are several flat _____ Noun - Plural surrounded by soft _____ Noun.

A small stream runs among the _____ Noun. You lie back on one of the _____ Adjective rocks or on the _____ Adjective moss and put your _____ Part of Body into the cool _____ liquid. You feel the warm sun and gentle,

light breeze through your Part of Body and across your Part of Body. The sparkling clear liquid rushes around the Adjective rocks, making little whirlpools. You put your hand into the liquid and lift a handful to your Part of Body. The water is cool and refreshing. You close your eyes and listen to the liquid trickling through the rocks. You bathe in the warm sun and feel as if you are Verb - Present ends in ING...Verb - Present ends in ING deeper and deeper.

You let yourself sink further into relaxation, while continuing to be aware of the sights, smells, sounds, and feel of the landscape around you. You allow yourself to let go of any concerns or worries and feel completely refreshed and rejuvenated in this place...

When you are ready, imagine that you slowly get up and leave the clearing. As you walk back down the path through the forest, fully take in the peaceful nature and realize that you may return whenever you wish by the same path. Each time you enter this place you will feel relaxed and at peace.

Now slowly come back to the now. Open your eyes when you are ready and welcome back.