

Guided Imagery Script

Read, then try.

Allow yourself to settle into a comfortable position, and as you are ready, become aware of your breath. Let yourself take a few nice, deep, full breaths. Let yourself breathe into your abdomen, bringing your breath all the way down into your belly, and allow each inhale to go a little deeper and each exhale to last a little longer. Imagine that with each breath, you can begin to release any tension, discomfort, or distraction that you don't need to hold on to. You're just using that breath to begin shifting your attention to a place that's peaceful and beautiful to you.

Breathe in... and breathe out.

Imagine that when you breathe in, you're breathing in fresh energy and oxygen that's flowing through your whole body. And imagine that with every out-breath you just let go of a little bit of tension, a little bit of discomfort, a little distraction. Breathe in relaxation... breathe out tension.

Allow any outside sounds around you to fade into the background. They're not important right now.

Breathe in... and breathe out.

Begin now to imagine yourself going to a place that's peaceful to you... beautiful... and safe. And this might be a place that you've been to in your life, or it may be a place in your imagination. A nice place to be for a few moments. If there's more than one place that comes to mind, simply pick the one that interests you the most right now. You can visit others at another time.

Allow yourself to look around. Notice colors and shapes and the things that you see there.

Breathe in... and breathe out.

Imagine hearing any sounds in this special, peaceful place. Or maybe it's just very quiet.

Breathe in... and breathe out.

You may imagine an aroma or a fragrance in this place. And you may not. Simply enjoy whatever feels right for you.

Breathe in... and breathe out.

Notice the temperature and weather around you. It may feel warm or cool. Is the sun out or are there a lot of clouds? It can be anything that feels right for you, in this moment.

Breathe in... and breathe out.

Allow yourself to sink into feelings of peacefulness, relaxation, and comfort. Allow yourself to relax into them and to feel that comfort; that peacefulness. There's nothing else to do right now. You can allow yourself to just be here. As you deeply relax in this place of beauty, peacefulness, and safety, you can allow your body and mind to recharge. Just drawing from this sense of deep restfulness and comfort that's here.

Breathe in... and breathe out.

Know that you can come back here and enjoy this anytime you wish, simply by deciding to shift your attention, allowing your breath to deepen and slow, and imagining yourself coming to this peaceful place.

And then when you are ready, allow the images to fade but bring back with you any sense of relaxation, peacefulness, refreshment. And know that you can come back and visit this place anytime you choose. This place is always within you, and even by remembering it or thinking about it, you can touch into that feeling of relaxation, peacefulness, and refreshment, and bring those qualities more and more into your daily life.