

## Guided Imagery Script: A Walk in the Country

*Take a deep breath in through your nose, breathing all the way down to the abdomen. Hold... Breathe out slowly through slightly pursed lips, and as you do, relax your whole body, allowing all your muscles to feel limp and heavy...*

*Scan your body for any muscle tension, starting with your head and passing all the way down to your toes...*

*Release any tension in your face, head and neck by letting your jaw become slack and your head feel heavy on your shoulders... Allow your shoulders to drop heavily... Take a deep breath and relax your chest and abdomen. Allow your arms and legs to feel heavy and to sink into the surface beneath you....*

*Now take a deep breath and become aware of any remaining tension in your body... As you breathe out, allow all the muscles of your body to sink heavily into the surface beneath you, becoming even more deeply relaxed....*

*Imagine yourself walking along an old country lane... there are trees besides the lane... you move from sunlight to dappled shade, and back to sunlight...the sun is warm on your back...the birds are singing.*

*Soon, you have come to a wooden gate in the hedge. Open it. The wood is rough on your hands...you go through, turning to lift the gate shut behind you...You find yourself In a meadow full of sunlight. Soft green grasses... Flowers growing where they've seeded themselves...honeysuckle growing in the hedgerow... Breathe deeply, smelling the flowers, the sweet clean air...Listen to the birds and insects. Feel the gentle breeze warm against your skin... Close your eyes and turn your face to the sun, it glows red through your eyelids. ...All your senses are alive and responding with pleasure to this peaceful time and place.*

*When you're ready to move on, you slowly follow a path, step after step after step... Now there are trees and you walk between them... The sun is filtered through the leaves... The air feels soft and a little cooler...*

*Lister... You become aware of the sound of a nearby stream... You can smell it... You pause, breathing in deeply the cool and fragrant air several times, and with each breath you feel more refreshed... Soon, you come to a stream. It is clear and clean as it flows and tumbles over rocks... There are fallen logs, with moss... the brightest green...the water swirls around them and gushes sparkling past you...*

*You follow a path beside the stream for a little way... There are trunks of trees around you... You look up and you can see the blue of the sky through the leaves of the high branches. You come out into a sunlit clearing...there is a small waterfall emptying over a rough grey rock into a quiet pool of water...You see red, orange, yellow.. a rainbow in the mist.*



*You find a comfortable place on a soft green bank to sit for a while... You can reach the water with your fingertips... a perfect place where you can feel utterly relaxed... you are part of the warmth and light of this peaceful place...and you are completely content...*

*After a while, you become aware that it's time to return...You walk back down the path through the cool and fragrant trees, out into the sun- drenched meadow, one last smell of the flowers and out through the gate onto the lane.*

*You leave this secret retreat for now and walk slowly back down the lane... You feel calm and rested. You know that you can visit your special place whenever you wish to take some time to refresh yourself and renew your energy.*

*Be aware of your body, again, relaxed and easy... When you are ready to, take three deep breaths and open your eyes.*

