Interactive Guided Imagery

Often, we work with individuals that present with specific physical or medical issues with their bodies and organs. Sometimes these issues have yet to be formally diagnosed or remain a mystery to medical personnel. Below is an activity designed to elicit messages directly from the body itself! While it may be an unusual practice, learning to speak and *listen to* specific parts of the body can be enlightening and life-changing!

- Find yourself a comfortable place.
- Breathe deeply and allow your eyes to close.
- As you inhale, focus on any tension you may have. As you exhale, allow all the stress to exit your body, leaving you feeling completely relaxed.
- With your next deep breath, imagine that you are going to enter your body, flashlight in hand from the crown at the top of your head.
- Travel down through your interior until you reach a place where you can rest for a moment.
- Ask your body which part would like to communicate with you.
- Travel to that part of the body. When you have reached this area, shine your light around. Examine this area. Is it filled with light or is it dark? Is it pleasant, or has it been neglected or abused? How does it seem?
- Give this area or organ a voice and allow it to communicate directly with you.
- What questions would you ask of this part?
- What would you like to learn from this part?
- As we count back from 5 to 1, you will feel refreshed, and clear about what you have learned.
- At 5 you will begin to feel the chair or ground beneath you. At 4 you will become more aware of those around you.
- At 3 you will begin to hear the sounds of the room. At 2 you will take a deep breath and prepare to be back in the room. And, at 1, you will allow your eyes to flicker open.

How was the experience for you?

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What body parts made themselves known?

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What did these parts have to say?

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What did you learn?

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How can you apply what you experienced so that your body feels more respected, can function more optimally, and can heal optimally?

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