

Your Inner Garden

Just find a comfortable position... and relax... allow your eyes to gently close... and just listen to the sound of my voice... the more you are listening to my voice... the more relaxed you are becoming...

You are still aware of your surroundings... the physical world is all around you... you can hear some sounds and noises... from outside or from within the room... you can feel the temperature on your skin... the furniture underneath you... at that is all right... the physical world will remain there... all throughout... in a strange and mysterious way... all other sounds... and noises... are just going to help you to relax even more...

if anything requires... your immediate attention... you will be able to open your eyes and attend to whatever it is... but unless it is really urgent... you just remain relaxed... with your eyes closed... you are now taking away your attention... from the outside world... and direct it inward... to your innermost point of awareness... where everything is always peaceful and quiet...

there is nothing you have to do or be right now... just relax... and allow the sounds of my voice wash over you... in a moment's time... I will begin to count from 10 back to zero... by the time I reach the number zero... you will be in a deeply relaxed state of mind... while I'm counting... I would like you... to use the power of your imagination... and imagine that you are walking down a forest path... at the end of which you will reach a garden... your inner garden

10... 9... 8... you are going deeper and deeper... 7... 6... 5... you are more and more relaxed... 4...3... you are going deeper and deeper... into the depths of your own mind... 2... 1... 0

you are now in a deeply relaxed state of mind... you have now reached your garden... it is the garden of your life... imagine entering the garden... describe to me how the garden looks for you today...

Notice the state of your garden... Is it wild or nicely tended to? ... Do you like it the way it is? ... Or would you like to make some changes... Find some gardening tools nearby... Tend to your garden... Notice what kind of changes you are making... to create a garden that serves you best...

What boundaries does your garden have? ... Do you want to strengthen or change the boundaries? ... Notice how you want to let people in... make the changes you desire...

Coming back

In a moment's time... I will now count from zero up to ten... and with each number I'm counting... you will be more and more awake... by the time I reach the number 8... you will open your eyes... by the time I will reach the number 10... you will be fully wide awake... back with me... in the room... with all your senses and parts returning to their best state... you will feel good... invigorated... energetic... and more optimistic than you have felt in a long-long time...

0... 1... 2... 3... you are beginning to awaken... 4...5...6... you are more and more awake... 7... 8... open your eyes... 9... 10... wide awake... wide awake... wide awake