

Special Place Guided Imagery

This guided imagery helps you visualize and visit your own personal special place in your mind's eye. As you walk through this guided imagery you can experience the calmness and security you feel in this place. You can then focus your mind's eye on visiting this safe place and returning to those calm, safe feelings whenever it is helpful in your life.

1. Find a comfortable position where you can relax and breathe easily.
2. Start by noticing your breathing. Focus on filling the belly when you inhale and notice it empty on your exhale. Scan your body. While continuing to focus on your breathing, allow any tension or discomfort to dissolve with your next few exhales.
3. While you continue to breathe, allow your mind to take you to a safe, comfortable, place. Just allow this to happen. The place may be familiar or new. If you see or hear something that makes you uncomfortable, just go ahead and change the image.
4. When you find this special place, take a few moments to notice what you see. Look around, are you inside or out? What surrounds you?
5. Also notice what you hear. If you're outside, notice if you hear water or animals. If you're inside, notice what sounds are in this place.
6. Now, take a moment and notice how this place feels. Is it warm or cool? What kind of surface are you sitting or lying on? What are the textures of the clothes you are wearing? How does your body feel in this place?
7. Take a moment to notice if there are any tastes and smells in this place. Perhaps there is the smell of grass if you're outdoors or something cooking if you're indoors.
8. Now, take a few moments and just be totally present in this safe place, noticing all of your senses. Just be in whatever way is comfortable for you. As you are in this place, notice that something that was hidden before catches your attention. It could be a sound, image, object or feeling. This is a special gift that you use whenever you need to feel relaxed and safe.
9. Remember that this is a place you can visit whenever you need to feel safe. All you need to do is take a few deep breaths and think about this place.

10. Begin to become aware of the surface you are sitting or lying on, notice your breathing returning to normal, and open your eyes whenever you are ready.

**Adapted and used with permission from Penny George Institute for Health and Healing, Part of Allina Health*