

Guided Imagery: Safe Place

Allow yourself to be in a comfortable position, either lying down or sitting up. If you're sitting up, place a pillow behind your back, and allow your neck and your back to be nicely supported, not leaning back too much if you have difficulty staying awake.

Remember that if you feel afraid at any time, just open your eyes and ground yourself in today. You are safe and you are in control today.

How does it feel? Let your body begin to relax by releasing the areas of tension by breathing. Take slow deep breaths and as you exhale let the tension go. Where is your body feeling tense? Focus your attention on this area as you take another breath in. Feel this area relaxing as you breathe out. Allow your breathing to gradually slow down.

Breathe in and out

As you do this, allow yourself to picture in your mind's eye, a safe place. What is the first place that comes to mind? What type of place does your mind choose as a safe place? In this place of safety, no one can come without your invitation. In this place of safety, you are always at peace.

Maybe you are in a beautiful garden, or in the mountains, or in an open field or the beach. Picture a place that feels calm, safe, and serene. A place you feel safe and protected. Each time you come to your safe place, you may develop it and allow it to become more and more beautiful. Allow yourself to see what is here today

Imagine the details of your surroundings. Notice the foliage and beautiful colours and hues. What season is it? Notice the ground. Is it earthy soil, rock, or sand? Are you barefooted? What does it feel like beneath your feet?

What smells do you notice? Is it sweet, pungent, or refreshing? Are there birds overhead? Listen to their singing. What other sounds do you hear? Let these sounds lull you peacefully.

Notice if there is any water. Is there a pond or a waterfall or waves? Can you hear the sound of the water? Let the water flow over your skin. Notice how it feels on your skin. Can you taste it?

Notice if there is a breeze or wind. What does it feel like on your face? Is it warm or cool? Allow yourself to take in all the senses feeling calm, serene, and peaceful.

Breathe in and out

Now allow yourself to lie down in the safe place and feel the ground beneath your body. Notice the gentle earth below warming you. Imagine the earth cradling you allowing you to relax even more and feel safe during this meditation.

Feel your body resting on the ground allowing any tension to be released into the ground letting it seep away. Can you hear the water lapping in the pond, tricking by, or splashing as it makes waves? Imagine the water washing over you and taking away any tension left in your body.

Breathe in and out

Now look above you and notice the colour of the sky. Notice the sun. Feel the warm rays of the sun on you skin. What else do you see? Are there clouds? Are there any trees around? What kind of leaves do they have? Notice their beautiful colours.

Breathe in and out

Now look around, notice a bench, or rock or tree stump in this place, and go sit on it. Feel the sun warming you and further relaxing you. Breathe in the warmth and vibrancy of the sun allowing it to fill you with a sense of calm and peace from the top of your head to the tips of your toes. Notice as you become part of your safe place that you feel more rested, more relaxed, more at peace.

Breathe in and out.

Allow yourself to create a place of safety and peace that is always yours, always safe.... And breathe in the safety. And breathe out the fear. And breathe in the safety. And breathe out the fear.... As you breathe in, you can even smell the smells of safety. Perhaps you would like to build a shelter of some kind, a cottage, a cave, a tent, a tree house. And if it's already there, you may add to it.... Plant flowers, adding a splash of colour. Add special places or rooms to your safe place.... Create anything that you would like.

After you have thoroughly visualized this place and you are ready to leave, allow yourself to come back into the room and leave your safe place for now, knowing that you can return to your safe place any time you like.

Open your eyes but stay in a relaxed position taking a moment to reawaken completely. Continue to breathe smoothly and rhythmically. Take a few moments to experience and enjoy your relaxing guided meditation. Your safe place is available to you whenever you need to go there.