

GUIDED IMAGERY SCRIPT

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THE BACKGROUND:

Well, first thing we're going to discuss is the three kinds of minds that every human being has that are in play at all times. The **1st mind** that the human being has in place is called the **primitive mind**. All animals, including humans, have that primitive mind that only cares about 2 things: 1. **the ability to protect the** **bloodline** and 2. **the ability to pro-create**, that's all it cares about.

So, have you ever seen the discovery channel? **(client responds)** So me and you are standing on the edge of the African Plains looking out at all of the animals and we have some giraffe's way off in the distance, nibbling leaves, doing giraffe things. And we have some elephant's way over there splashing water on each other, doing elephant things. In front of us is this huge herd of zebras. How many zebras do you think are in our herd? **(client responds)** We'll say about a hundred. We'll say that there's a hundred zebras in the herd. And we noticed at the back of the pack of zebras, there's Bob and Suzy zebra and they're looking at each other with their big wide zebra eyes, and nibbling grass, and swatting flies, and doing zebra things. And what we notice is that Suzy zebra, we see her look kind of over her shoulder with her big one eye and she sees Joe the Lion coming quickly. What happens to Suzy zebra is that she perceives a threat. But as an animal it's just about the perception of a threat real or imagined. Now it happens to be a real threat. It's a lion. She's seen lions eat her people before. So she turns and what happens is she gets a flood of adrenaline and endorphins that rush through her body. Now they can only go to 2 places on a zebra, it's either into the legs or into the jaw. To run or to bite. There's no reason to bite at this lion that's running toward her so the rush goes into her legs, she turns around and starts to run. The whole herd will run with her. No one in the herd, the other 99 zebras, knows why they're running. They just know that one of theirs is running so they should run, it's the herd mentality that takes over. And they're running and running, and running, and we're like, "Oh Suzy, you got to run faster girl, you got to pick up the speed, Joe's coming in quick." But she's faster than Bob. And Bob gets taken to the ground and is being eaten by the lion. And that herd will only be about 35 or 40 feet ahead of where their friend is being eaten and they stopped running. Why? **(client response)** Because there's no more threat. With animals, when the threat is extinguished, they don't have any reason to move any faster or further.

And we run out there and we're like, "Suzy zebra, that was the craziest thing we've ever seen. You saw the lion, you started to run and blah blah blah." And she'll look at you and say, "What lion?" Because animals don't hold a memory because it's useless to them. Humans however will hold memory like that.

The 2nd mind that humans have is the **conscious mind** and that mind is there to **create and store information**. That's all it's there to do. The problem is that people that have any kind of unresolved anger, they create perceived threats constantly. They're always creating threats. And what happens is when you **create** a threat, even though you're sitting on your couch, you get a flood of endorphins and adrenaline as it runs through your body. It runs to the legs or the jaw. But humans don't typically run or bite. So, they get a flood and they get this rush, and they get the sweaty palms, and they get the rapid breathing. And then the more they breathe out carbon dioxide, the harder it is to breathe in oxygen, and they have panic attacks. That's where anxiety comes from, it comes from the mind. It's thinking of something that happened historically, but it feels like it's happening right this second. A threat from way back then, is a threat that's happening right now, not really, but that's the way the mind reacts to it.

The other thing that the mind does is it **stores information**. So it's like having a file cabinet that's full of files. So, tell me, did you drive here today to this office? **(client response- yes) Okay**. Is there anything of like major significance on the drive down to this office? **(client response -no)** So, that's like a piece of salt that runs through this tube into the memory bank, it's insignificant. But it's a part of what you saw today. So, it runs into the memory and is forgotten minutes later.

Now, if you were to have seen a plane crash in the distance, that would have been significant. Maybe that's the size of a basketball and that runs through the tube into the memory bank a little bit slower. But nothing happened to **you**, so you would remember pieces of it in five years, but not every event that was happening, or everything that was happening at that time.

Now, if a body had landed on your car window that had jumped out of the plane and landed on your windshield and died and then you saw the plane crash, you would remember every single piece from that incident. You'll remember what you were wearing, what they were wearing, what was on the radio, what the weather was like. Every single bit of information you would remember. That's like a huge 700 lb pumpkin that comes into the tube and it gets stuck at the very forefront of

the memory tube. That memory just sits on the front of your memory, but it never shrinks down enough to get into memory storage. It's never stored information. What happens is that everything after that first event that's really significant, is like throwing a tomato at a massive pumpkin, it just kind of sprays around the side. So, all of these other significant events that would have happened that would have found their way into memory, they come in pieces. So instead of it being one event, one file, you might get 30 files for one event.

Inevitably your file cabinet fills up with all these files, but you don't know where anything is. Nothing has an order or a congruence to it. There's not like year to year or month to month. It's just random files that are in this file cabinet. So if you've ever been into an office before that had several file cabinets overfilled and stuffed with files exploding out and then boxes of files everywhere, if you asked that person, can you pull up October of 2013 they can but it might take a week. They'll have to go through every single file to see if they could find information for that day or that year or the dates and years together. Does that make sense? So it's just a bunch of information that gets stored, but it's almost like having a phone. If there's too much information on a phone, eventually it just slows down. It just stops working properly. It's just not working as well as it could... that's what happens to the mind over time.

The last piece, *the 3rd mind* that's in play all the time, where change actually takes place, is the *subconscious*. Significant change takes place in the subconscious, but it's more of an epiphany moment where later you're like, "Oh my goodness, that was crazy. I can't believe that didn't mean anything to me at the time but now it does." Does that make sense?

Have you ever been to a concert before? (*client responds*) Okay. Were there a lot of people there? (*client responds*) So there's that moment where they play the one song that you really like, that one line that you really relate to and then it feels as if *everyone disappears* and they're right there playing it to you. That's the subconscious that connects with someone else's subconscious. It takes all of the extra away. It's like the sunset or the sunrise or that one event you had where you felt touched by that event. That can be positive or negative. But those are significant events and those are like game changer events for people.

I want you to close your eyes, put your hands down to your side and your feet down on the ground. Close your eyes. Just relax for a minute. Just relax. Look into your unresolved anger like a painting on the wall in front of you. Now pick only two colors that represent that anger that you see, what are the first two colors that come to mind? **(client responds)**

Where is the (color 1) and (color 2) on the painting? Do they blend together or are they separate? **(client responds)**

Okay. Is there a distinct difference between the two or do they just bleed together?

Do they just stop, and they don't touch?

All right. Open your eyes and I'll take that from you. **(Act as if you are physically taking the painting away from them and placing it besides you)** I'll take that and put it right here and then when we get done we'll come back and look at it, and we'll see if it looks the same.

So, one of the things that I talk to people about is that your essence, your energy and light are the only things that you have that you choose to give away. No one can take that from you. **No one can take that from you.** Like this, put your hands down on your legs for me. If I touch a place on your hand, like I'll touch right here, ... I've touched a spot that's never been touched before, right? **(client responds)** You can see me touching, you can feel me touching. If I move my hand away, I put my hand back down. I can say I've now touched a spot that's never been touched before. How?

Well, what that is, is that all the cells on the human hand, they regenerate constantly. Which means that if ever before you were touched in a way you didn't like to be touched, they touched what they could get. They touch flesh and bone which turns to dust once your cells stop regenerating. That's not what you are though, you're way beyond that. You mean more than that. There's a light and energy and essence inside that only you choose to have people touch. Does that make sense?

Do you like the beach?

(client responds - if they don't like the water, you take them later in the imagery to the high mountains. At the end, when you come across the bridge, back to the ocean, you instead you get them to the mountains where they wake up.)

(This is the place where you will calm the participant down into a deep state of meditation, so that you can begin the imagery. It is important that not only do they trust you, but it may be good to take them into the "old familiar glow" then bring them back out once to find out if they are able to be comfortable enough to go there with you.)

Guided Imagery Begins Here:

TAKING THEM INTO RELAXATION:

(speaking in a slow, soft, quiet monotone voice)

What I'm going to have you do is close your eyes, put your hands down to your side. Just try to relax and breathe. Just breathe. Make sure you get relaxed, whatever position is going to be most relaxing for you. There you go. And just kind of concentrate and focus on your breathing. Breathing in new air and breathing out old. Breathing in new air and breathing out old. The next time you breathe out, you'll feel your shoulders start to sink in just a little bit. As you breathe out your shoulders will sink in just a little. There you go. And you start to allow yourself the ability to relax. You'll start to feel a warm, heavy sensation in your neck and your shoulders. That warmth and that heaviness settling in, helping you to relax. Start to allow yourself the opportunity to relax in this very special moment.

Just focusing on your breathing. And as thoughts come in, you let them come in and out and in and out. You don't grab hold of any one of them, you just let them go. There's just no way to do this wrong. Thoughts are going to come in and out and that's okay. Just allow yourself the opportunity to relax. You'll feel that

warmth and heaviness start to spread down your arms, chest and back, hips and legs. It'll feel as if you stepped under a waterfall of liquid lead, liquid lead slowly pours over you. Heavy, warm and relaxing. Allowing yourself the opportunity to be relaxed. You'll feel that lead start to fill your feet and hands. You'll start to feel so happy that you couldn't lift your hands if you wanted to. Allowing yourself to relax. You'll start to allow yourself to fall deeper, and deeper, and deeper within.

You'll start to see an old warm familiar glow. A warmth and a light familiar to you. Your light, your energy, your essence ... you feel as if they wrap themselves around you like a warm blanket. You find a peace there, a calmness and stillness there. Allowing yourself to be completely relaxed. Deeper and deeper within. Into that place where you're wrapped in the old familiar glow, you're light, essence and energy.

THIS SECTION HERE IS ONLY TO BE USED IF YOU NOTICE THAT YOUR PARTICIPANT CANNOT “GO UNDER”

What TO DO:

If this happens reassure your participant that they are doing nothing wrong, sometimes people struggle to get comfortable and relax. You will try again, but again reassure your participant if it doesn't work that is perfectly fine. It happens to people all the time; guided imagery is new for them. After one more run through if they struggle to “go under”, open their eyes, begin talking, or appear uncomfortable just bring them out slowly as if you don't notice the struggle. This is something that they can work towards slowly as you work together with them on other things that may have come up during the ARB intervention. Some participants just cannot allow themselves to drop the ego even internally enough to trust you. This is truly okay. Don't force it, stay gentle. Start working on meditation each session a little at a time.

TAKE THEM OUT:

You start to feel a cool breeze. A cool breeze that pulls the heaviness out of you, a cool breeze that makes the hair stand up on the back of your neck. You start to feel as light as a feather. And slowly like watching grass grow, taking all the time you need ... ***(snap together two fingers on one hand as you say gently)***...you open your eyes.

(If they were unable to get heavy, warm, and relaxed, speak to them about thoughts that slow down, and feel themselves drifting into that space with the old familiar glow then have them relax with eyes closed and begin the first process again. If they cannot stop their mind from racing or cannot get still enough to relax, ask them what they believe will help, try again taking them gently in and pulling them gently out. If by the end of the second run they cannot, say to them: it's okay.)

SECOND ATTEMPT TO TAKE THEM BACK IN:

(If they can relax. Drop them right back into the closing of their eyes and gentle calm talking, monotone talking that will help them relax again, you will notice with their eyes closed and posturing of their bodies whether or not it's working.)

Just breathe. Make sure you get relaxed, whatever position is going to be most relaxing for you. There you go. And just kind of concentrate and focus on your breathing. Breathing in new air and breathing out old. Breathing in new air and breathing out old. The next time you breathe out, you'll feel your shoulders start to sink in just a little bit. As you breathe out your shoulders will sink in just a little. There you go. And you start to allow yourself the ability to relax. You'll start to feel a warm, heavy sensation in your neck and your shoulders. That warmth and that heaviness settling in, helping you to relax. Start to allow yourself the opportunity to relax in this very special moment. Just focusing on your breathing. And as thoughts come, you let them come in and out and in and out. You don't grab hold of any one of them, you just let them go. There's just no way to do this wrong. Thoughts are going to come in and out and that's okay. Just allow yourself the opportunity to relax.

You'll feel that warmth and heaviness start to spread down your arms, chest and back, hips and legs. It'll feel as if you stepped under a waterfall of liquid lead, liquid lead slowly pours over you. Heavy, warm and relaxing. Allowing yourself the opportunity to be relaxed. You'll feel that lead start to fill your feet and hands. You'll start to feel so happy that you couldn't lift your hands if you wanted to. Allowing yourself to relax. You'll start to allow yourself to fall deeper, and deeper, and deeper within. You'll start to see a warm familiar glow. A warmth and a light familiar to you. Your light, your energy, your essence wrap themselves around you like a warm blanket. You find a peace there, a calmness and stillness there. Allowing yourself to be completely relaxed. Deeper and deeper within. Into that place where you're wrapped in the old familiar glow, you're light, essence and energy is there, stepping into that, completely relaxed, more than happy. Relaxed.

(If the second attempt takes then move into the beach imagery if not bring them back out and reassure them it is perfectly fine)

THE BEACH:

(This is where you will begin to build a construct using imagery that you guide them through. What happens is the noise in their head will start to quiet down and they will follow your soft, monotone voice. They will start to produce a lucid dream state.)

You feel as if you're sitting on a beach, white sugar sand, soft to the touch. You can feel yourself sitting on a white sugar sand beach. You feel the softness of the sand and see turquoise water in front of you. You start to align your breathing with the ebb and flow of those waves that come in and out... in and out... The foam comes up off the waves all the way up to where you sit and then recedes back into the ocean. In and out... in and out. The warm sun makes you feel warm on your skin. You notice the smell of the salt in the air.

As the water recedes back, you can start to see shells and coral and kelp that shift and transform places each time the waves come in you receive new gifts.

You see a rectangle of wood in the sand in front of you. And as you lift up that wooden rectangle, what you see is mesh that traps the sand on top. And as you look deeper into the sand, you pull an image from deep within yourself, an image that had been stuck before, something you had locked in deep within yourself. An image that you wish you didn't see ...an image you'd like to get rid of, something that's sharp and vivid, with dark colors. You'll feel me pick up your hand. I'm taking your hand and rubbing your hand over the sand. And as I rub your hand over the sand, the sand starts to move and shift and displace. And that image becomes murky and less clear, less vivid. It becomes harder to see, and then I'm now putting my hand around the outside of your hand and I'll take the rest of that sand from you and blow it away. I'm blowing that sand over the ocean until the sand disappears.

You start to feel a raise in your self-confidence, awareness, wisdom, knowledge, self-worth, and you can feel that energy throughout your body. ***(let them sit there for 30 seconds)***

THE SANDCASTLES:

You're still warm and comfortable and heavy, but you stand up because there's more on this journey you want to see. You walk the shoreline. You can feel that water come up over your feet and recede back in. And as you look ahead, you start to see sandcastles, intricate sandcastles."

You feel drawn into those sandcastles. You wonder how those sandcastles still stand. How is it that the wind and the water haven't moved them away? As you get closer, those sandcastles start to feel ancient. You feel that those sandcastles have been there a long time. You can feel that it's a place of power.

You lay down between those sandcastles. And as you lay on your back, you feel the warmth of that sand on your back, you feel completely relaxed and you start to look up into the sky.

THE SKY:

That bright blue sky, where you start to see large white, puffy clouds that slowly roll by. You start to see animals in the clouds. You start to see images in the clouds. And then those clouds will start to form as one big cloud. You start to see an image appear. Something that you've stuck deep within yourself, something you wish you didn't see anymore. It's sharp, it's vivid. It has real, solid colors. Breathe in deeply and then exhale. ***(As they exhale, you can watch their chest, you blow out for them.)***

And those clouds start to move and shift, you breathe in again and then exhale blowing out those clouds and watching them dissipate and disappear. And that was caused by you, your power, your life, your energy. Your essence moves those clouds away and that image disappears. You have the power. You start to realize; you start to feel that you have this new power. This new confidence, this new worth, this new wisdom, this new knowledge that can remove stuck imagery, you can remove all these stuck memories and you have the power to change those. You stand up and start your walk again.

THE WATERFALL:

You continue walking and see a stream that flows into the ocean. You turn and follow that stream. It appears to feed the ocean sensing that they are interconnected. As you follow that stream that turns into a river you can hear a waterfall up ahead. You begin to notice that the river sings sweet songs to you keeping you feeling warm, heavy, and relaxed. You look up at a strenuous climb, but without hesitation believing in your newfound abilities, your self-confidence, self-worth, and power you start the climb. Halfway up you stop to look at what you have accomplished so far and as you look back at the waterfall something that looks like gold catches your eye. You reach your hand through the water and grab onto it. Pulling your hand back out, you see that it is a key. You feel as if you will need this key, so you put it in a safe place on you and begin the climb again. Once you have reached the top you exhale. You look out at the ocean which now looks far away, and you are overwhelmed with what you have done so far. Turning around you begin to walk.

THE CLIFF:

You walk over to the edge of a cliff. As you stand there looking below, you see a large Oak with golden leaves that shimmer in the breeze. Tall, green grass speckled with wildflowers. Wildflowers that are in your favorite colors. You can start to feel that warm breeze flow through that valley, and you start to realize that the way that that grass and those flowers move is just like the waves of the ocean. You begin to realign your breathing with this warm breeze.

THE BRIDGE:

You start to look across that valley to the cliff on the other side where you see flickers of light like fireflies in the night sky. You long to attach. You can feel a pull from those lights. And as you look down, there's no bridge. There's no path. But with all your newfound confidence and no fear, you step out over that cliff. Allowing yourself to fall deeper within until your foot lands on something solid. You realize that you have the power to create and build your own bridge to get to those lights. And with each new step, a new bridge is created and built. Created and built with your power, with your confidence with your courage and it rises

with each new step. Each new step moving forward until you get to the place where you see that white glowing light.

THE WHITE LIGHT:

Stepping off your creation, the bridge, into that old familiar glow, that you are drawn into and it surrounds you. And in that white light, into that place where there's total brightness, you feel calm and serene. You start to see loved ones that have passed on before you, people that were important to you, people that are spiritual to you in nature. And those people start to gather around you, they start to give you gifts. Words are not exchanged. You feel their love and their presence. And when you step into the lights, they bring you gifts. Gifts that they give you without speaking, gifts that you can feel them lay on your heart. It starts to spread throughout your body. You feel a rise in self-confidence and self-worth, a rise in your power. A rise in who you are, who you want to be. You begin understanding true freedom. A decision is made ***in this very special moment*** that you will be as free as you long to be.

(Let them stay there in this light for 120-160 seconds as you stay silent, allow them to experience in this very special moment giving them enough time to have their experience uninterrupted but not so long that they have a hard time pulling away)

THE FIRE:

That light slowly drifts away. And as it drifts away you look down and you see a fire. A fire that burns bright, a fire that's burned for a long time. You can see a trinket deep within that fire. A trinket, a token, it's something special from your past. And as you watch those embers glow and without fear, you reach deep within, deeper and deeper within. And you grab that trinket, you pull it out and you hold it. You look at it as something that you left for yourself long ago. And you hold it in your hand tight and you put it up to your heart and it sinks within you. As you look up into that sky, that bright blue has disappeared, and it's become a veil of darkness sprinkled with diamonds.

THE PATH TO THE CIRCULAR BUILDING and the PROJECTOR:

When you look down this path, the path that goes into the valley that you had seen before, it's a winding path. And as you start to walk down this dark path your illumination lights the way. **Your** transformation lights the way. You wind down slowly, all the way to get to the bottom. You start to see a building in the distance. As you get closer, you realize it's a circular building made of wood, deep into the forest. You reach out and grab the handle to open the door. It's a cold glass handle, antique handle. And you open the door and you start to walk down a long shotgun hallway made of wood.

And as you get toward the end of the hallway, you see a projector. A projector that shows a scene stuck deep within you. A scene that you wish was no longer there. You see a one, a two, a three. A scene one, scene two, scene three. A one, a two, a three. Three, two, one, two, one, three, three, three, three, two, two, two, one, one, one, one, two, three, one, two, three, one, one, three, one, two, one, two, one, two, one, two, three, two, one, two, three, one, two, one, two, one, two, three, two, three, two, three, three, three, two, one, one, one, one, one. And it shatters. It falls to the ground like dust, you have the power to rearrange and to disconnect, to change that imagery. It just goes away, disappears. Like dust in the wind.

You step past that projector into the circular building. Bottles on every shelf, glass bottles, antique intricate bottles, different colors. And as you approach them, they have different engravings on each bottle. Words like love and worth, confidence and awareness, and wisdom, and knowledge. You go to the counter. There's someone that you know there, someone that you haven't seen in a long time and they tell you to pick out 3 bottles. You go to the shelf and look; you find the right bottle for you. You take the first bottle back to the counter. What color is the bottle? What's the word that you see? And the second bottle you turn and go to find. All these shelves and all these colors and all these words. You pick out the 2nd bottle that you seek, the one that's right for you. You take it back to the counter. What's the color and the word? And that third bottle as you turn around, it seeks you out. It draws you in. It's like it picks you up off the ground, floating to it. It slides down the shelf into your hands, turns you around and takes you back to the counter. What's the color of this bottle and the word?

That shopkeeper that you've known, you haven't seen in so long, opens those bottles, pours it into one cup and then you open your heart, mind, and soul and they pour it within you. You can feel those things grow within you. Those words that you seek, that seek you out, start to transform, they make you new and whole.

BACK TO THE PATH: (if ocean then continue on here, if mountain, then skip ahead to optional mountain scene)

And as you leave the back of that building back up that path, the one illuminated by your glow, you walk back to that fire where you see a version of yourself, an older version of yourself. The version that will stay here and tend that fire is the new you. The transformed you moves into the new. You walk back across the bridge that you've created and built, across the top of the cliff, down the other side, back to the beach.

BACK TO THE BEACH:

The beach where it had begun. Soft white sand. Stepping into that turquoise ocean you notice, that not only does the sun reflect and warm your skin but it penetrates deeper and deeper within. And with each new step out, holding your new key, you feel a warmth rise. That lead and that warmth and it rises up through your legs, chest and back, arms, shoulders, and neck. Until you find yourself at that place where when you look out across that ocean, you can't tell where the ocean ends, and the sky begins.

THE OCEAN:

(Suggestion: move slowly through each underwater scene. Allow them time to experience this new world of color. Give around a minute of silence between each new scene. This will make it easier to attach to the new surroundings and help them get into a deep trance state where things will have more meaning and significance to them)

You step forward now under the water immersed but with no fear, able to breathe as easily as you breathe now. Looking at a whole new world, coral and kelp that dance in the water, you see all the colors of the rainbow. And slowly you make your way down. Moving forward, step-by-step, experiencing a whole new world through the coral and the colors, into the blue of the ocean.

THE DEEP BLUE/ THE VOID:

(Suggestion: stay in the void for a minute with you silent so they can really attach to this concept of freedom and power)

The blue where the big mammals and fish float by you and you feel no fear. And you realize that they don't see you in human form, they see your glow, your essence, your energy and light. You then continue to move forward step by step into the blackness, into the void where you start to see, not hear, but see translucent creatures that vibrate colors of light and this is how they communicate with you. And you start to realize that you're louder than your voice, that you can communicate without words. You realize just how free and how powerful you really are here. Your energy connects with theirs. Your essence connects with theirs and you can communicate on a much deeper level. Slowly you move through the void into the gray. And from the gray you come to a cliff where you step off without fear, floating slowly down to the bottom of the ocean.

THE CAVE:

(Suggestion: stay in the cave for two minutes with them silently so they can really attach to all of the words you have used to build them up on this journey you have taken them on. It also gives them a moment to connect with what they have found in the treasure chest. Allow them a little time to experience this very special moment)

You enter an underwater cave. You start to see this electric blue writing. They look like hieroglyphics on the walls. But as you near them they turn electric blue, there are phrases that you had written for yourself long ago, meaning something to you. And as you see all these phrases and collect all your thoughts, you feel

your worth grow, your confidence rise, your awareness, knowledge and wisdom grow.

You turn and there's a chest, an old treasure chest that ***only you have the key for.*** Your key alone works in this chest and you open it to find all the love that you've needed to find. The new you, the things that make you new. Now you can begin to experience the new you ***in this very special moment.***

(Give them 90 seconds in silence now)

You bend your knees and thrust upward through the gray, through the void and the blue, through the coral and the color, out.

BACK TO THE BEACH:

Floating on your back on that big ocean, back to the beach where you began. And you start to realize that ***you're*** the bridge. The bridge between powerful energy. You're the bridge between the sun and the ocean. You are the connection. Gently drifting slowly back to the beach, where you sit, and you see that soft sugar white sand in front of you. And you see that rectangle wooden box frame again and as you lift it up you feel both my hands come under yours and both your hands now move across the sand, moving, transforming and trans placing that sand and it shuffles around. What you start to realize is that you're creating a new picture, a new picture for you.

TAKE THEM OUT:

You start to feel a cool breeze. A cool breeze that pulls the heaviness out of you, a cool breeze that makes the hair stand up on the back of your neck. You start to feel as light as a feather. And slowly like watching grass grow, taking all the time you need ... ***(snap together two fingers on one hand as you say gently)***...you open your eyes.

ASK THEM SOME QUESTIONS:

(Suggestion: Tell them to take your time. I have some questions for you in a minute, but really take the time you need to readjust. Now give them a minute or two to readjust. Ask if they would like some water.)

Before I ask you some questions, I am wondering, remember that painting you saw from earlier, before we began?

(Then reach to the side and grab the canvas painting from before, ask them):

What colors do you see on the canvas now?

Has the picture changed, or does it feel different when you look at it?

Now I have a few more questions for you:

- What was the image you made in the mesh screen with the sand?
- What did your bridge look like, what was it made of?
- Who did you meet in the white light?
- What token did you pull out of the fire?
- What words and colors were on the bottles in the circular store?
- What did the writing on the walls of the cave say?
- What did you feel and find as you opened the treasure chest?
- The last image on the beach in the sand, the new picture. Can you describe it for me?

(Let them know they did a fantastic job and how excited you are for them. Reassure them that there are no wrong answers or feelings. Everybody has a different experience and they had the experience that needed to have.)

OPTIONAL MOUNTAIN SCENE IN LIEU OF THE OCEAN:

(PICK UP AT THE THIS SECTION FROM THE PRIOR SCRIPT)

BACK TO THE PATH: (mountain option)

And as you leave the back of that building back up that path, the one illuminated by your glow, you walk back to that fire where you see a version of yourself, an older version of yourself. The version that will stay here and tend that fire is the new you. The transformed you moves into the new. You walk back across the bridge that you've created and built, across the top of the cliff, down the other side, as you make your way back to a camp high above the ocean into the mountains.

(Suggestion: move them slowly through each scene so that they can begin to feel how they are connected to all things. When they place the 12 stone on top of the stack, when their illumination grows stronger, and when you use the phrase very special moment let them experience that moment)

You walk towards a fire, a warm, hot glow. Something that you're familiar with. The old familiar glow as you step onto a winding path. You can see clearly because it's early in the morning.

THE MEDICINE WHEEL:

You come across a medicine wheel, the sacred hoop. A stone monument that is used to help you connect with your own healing power. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree. All symbolize dimensions of health and the cycles of life. You see that it is one stone. Next to it is two stones stacked on top of each other. The third are three stones stacked on top of each other. You start to sense that all things are interconnected. You begin to stack stones on top of each other from the 4th group all the way to the 12th in a circle. You feel with each new stone placed occurs a rise in your worth, courage, confidence, wisdom, knowledge...you feel yourself transforming. As you place that last stone on top of the 12th stack you feel a calmness come over you. You

feel one with your surroundings, a peace which has always seemed just out of reach... now you feel it. You feel like a warm, heavy serenity.

THE KIVA:

You continue to walk forward back on that winding path, you ascend and go up to a plateau in the great Southwest where you enter a kiva. A subterranean room within a large circular stone structure in the ruins of an ancient people. You see a stone bench that encircles the inner space. You walk into your inner space where you see that old familiar glow of your essence, energy, and light. This is a special place of power where you can feel the power and the energy, feeling connected and feeling your confidence and worth rise. You begin becoming aware, fully aware that you are interconnected with all things. You hear the drumbeat, sounding like a heartbeat, off in the distance that becomes closer. You can see the ancient ones, the ancient Indians that lived here long ago. They appear and dance around you in a circle. You can feel them enter through your side, to bring you gifts, feeling their love and exiting on the other side of you. These ancient beings of light that float through you. Each time one of them floats through you your illumination glows stronger, brighter, you feel your self-worth and confidence rise.

THE KEY AND THE CHEST:

Eventually what you see below is a stone chest and ***you have that key***, the only key that can open this chest. ***Your key is the only key*** that opens this chest. When you open it, you find a crystal, a beautiful and intricate crystal. A crystal that glows because you hold it looking at how the light from within you reflects off each facet, the most amazing thing you have ever seen. You hold it high and tight with both hands then slowly bring it to your heart ... it melts into you. It melts into you and only you because ***you are love***. Your energy and the essence and the light have all become one. All interconnected. You're the bridge between the powerful energies in your life. You have the ability to transform. And ***in this very special moment*** as you breathe in a new life, you transform.

TAKE THEM OUT:

You start to feel a cool breeze. A cool breeze that pulls the heaviness out of you, a cool breeze that makes the hair stand up on the back of your neck. You start to feel as light as a feather. And slowly like watching grass grow, taking all the time you need ...(***snap together two fingers on one hand as you say gently***) ...you open your eyes.

ASK THEM SOME QUESTIONS:

(Suggestion: Tell them to take your time. I have some questions for you in a minute, but really take the time you need to readjust. Now give them a minute or two to readjust. Ask if they would like some water.)

Before I ask you some questions, I am wondering, remember that painting you saw from earlier, before we began?

(Then reach to the side and grab the canvas painting from before, ask them):

What colors do you see on the canvas now?

Has the picture changed, or does it feel different when you look at it?

Now I have a few more questions for you:

- What was the image you made in the mesh screen with the sand?
- What did your bridge look like, what was it made of?
- Who did you meet in the white light?
- What token did you pull out of the fire?
- What words and colors were on the bottles in the circular store?
- What was your experience like at the medicine wheel?
- What did you feel at the kiva as the drumbeat pulled you in?
- What was your experience like having the glowing crystal melt into you?
What were the feelings that you felt?
- What was your experience like to transform?

(Let them know they did a fantastic job and how excited you are for them. Reassure them that there are no wrong answers or feelings. Everybody has a different experience and they had the experience that needed to have.)

EXPLANATION OF GUIDED IMAGERY TO THE COUNSELOR:

When talking to people or selling people on the idea of setting up a Guided Imagery Session:

What to say?

ONLY THIS STATEMENT

“Guided Imagery is a non-invasive way to guide a person to a place within themselves where they have the opportunity to experience significant change in areas where they struggle.

Guided Imagery is especially helpful with cementing new internal messaging for those that have unresolved anger.”

The Reasons

That’s all... because if you give statements that tell them what they are going to experience you are misleading. Every person's experience will be different due to it being from their subconscious. Please don’t give guarantees about anything they might or might not experience because you're not in their subconscious. Also, you are creating expectations of a certain type of experience and if that isn’t met, no matter what significant changes did occur they will walk away believing that it didn't work.

I, personally, never tell a client what to expect with the ARB or GI because once I do that, they focus on what I want for them instead of what God wants for them and that we know is a mystery to both parties.

Typically, the Guided Imagery is used as a part of the Anger Resolution Blueprint. Yes, it can be used with anyone experiencing self-esteem or self-confidence issues, but if we want the ARB intervention to remain, we need to attempt to only use this with clients who have gone through the ARB process first. The reason that it is so effective to cement change is partly due to the work those clients have already done in the first 6-8 sessions. Think about it this way, by the time your ARB client gets to GI they have bared their soul to you and trusted you on what will work moving forward. If you take someone that has not experienced the discomfort and oftentimes hurt that our ARB clients undergo in the process it is unlikely that they will trust you enough to allow themselves the opportunity to go deep within. The Guided Imagery is not under the trademark for the ARB because

it's an intervention that can actually harm a client if done improperly. If you take someone deep within their subconscious and ask them to pull up a stuck memory it is highly likely that memory will be one filled with negativity. If you cannot help them to move past it whether by voice inflection, imagery, breathing, or the gentle tug to move forward they will leave that session with some tragedy that they buried away within themselves now surfaced and on the forefront of their mind. If this person happens to be someone in recovery, especially within their first year, relapse is probable.

Also, not everyone is a good candidate for GI. This is another reason that the GI session lies at the end of the ARB process. If someone comes in to do a GI session that has not gone through the ARB work you have at that moment and because you're not going to ask them to dive into their history (If you do then this is not a GI session anymore) you will have no history for them. This can be problematic because if they have a significant trauma history you won't know until you're attempting to take them into their subconscious and they can't go there. Their protection will not allow a stranger to enter any area where damage has occurred. You then are basically refunding someone their money, but more than that they and anyone they know will now believe that GI is bs.

Last thing about both the ARB and GI that I may not have explained in the training. For persons in early recovery, first 60 days or so neither of these forms of healing may work. Why? Unless you make it crystal clear that this is not a tool for recovery your client will assume that this intervention will be enough for them to recover which is not accurate. Those clients need to focus on some form of recovery plan and get solid footing in that before tackling issues that might trigger them to use again.

I have taken people through in earlier recovery before and my experience is that it is a coin toss on effectiveness of the work. I knew it was possible that those clients were not prepared to "go there" but I decided that was worth the risk. When it works go team, but when it doesn't it tarnishes the ARB process and your reputation as a professional.

Please don't take any of this as a slap on the wrist. All of you are doing amazing work. Sometimes I don't explain things in training that I should because I forget none of my trainees created this. It doesn't cross my mind until later, so you get emails like this one. Both the ARB and Guided Imagery have proven to be effective tools to help people have a new experience with themselves. However,

neither are a recovery program nor are they suited for every problem that a person could have. Again, there is a reason that I added the Guided Imagery to my repertoire with ARB because it is an effective way to help those clients to cement new internal messaging within themselves that they will grow over time. I, personally, don't do just GI sessions typically without someone having undergone the ARB work first due to the potential problems that could and oftentimes do arise. I didn't add it as you must with the ARB because it seems at first glance an easy thing to do with clients, but actually takes a lot of work and time to become good at it. Also, there is too much risk if done improperly which would destroy the ARB before we even got it off the ground, like anything else in life if you want to be great at it you got to put in the work.

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