

YOUR SACRED POWER PLACE VISUALIZATION

Created by Rebecca McLean for the Circle of Life Coaching Process™

Instructions

TIMEFRAME: Allow 13–15 minutes to read the script and 20-25 minutes total to get people settled in at the beginning and up and ready for the next activity at the end.

PREP: Encourage people to get comfortable. If possible, allow people to lie down on carpet and supply them with pillows or cushions (optional). Alternatively, you can have them bring a pillow and a light blanket or throw. Or if seated, have them in as comfortable chair or position as possible. Dim lights and play relaxing music. Take a bathroom break prior to starting.

COACH NOTES: Remind participants that we all process information differently. You might say, “As I am leading this guided imagery, I want to remind you that not everyone ‘sees’ imagery. So please do not be concerned if you are not someone who is visual. Your subconscious will discover something that can be useful to you. Perhaps, it will be a feeling; a thought, word, intuition or something will come later in the next few days.” This exercise is for you to access your powerful and supportive inner resources.

NOTE: Some coaches have the tendency is to talk too fast during a guided relaxation. Note the dots in the script. The dots are places to pause in the script. Make sure you are breathing deeply yourself, and that will help you pace yourself. Coach starts by leading in brief body relaxation for (1-2 minute). “Please close your eyes -- takes three or four deep breaths. As you exhale, let your body let go of any tension, relaxing your muscles,” and so on.

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Script to Read

I invite you to take a journey to your Sacred Power Place. This is a place where you feel healthy, joyful, energized, uplifted... & at peace..... This may be a place that you've been to before, or a place in your imagination.

Before you embark on your journey, to your Sacred Power Place, first focus on your intention... What area of your life or what aspect of yourself, do you want to have supported, empowered... or energized or blessed? What is the deepest intention that you hold for yourself?..... State that intention to yourself.

With a deep breath in..... Exhale out..... begin your journey by imagining your first step..... Notice what your path looks like...Is it made up of stones?... grass?... or are you on a trail in the forest?..... Notice your surroundings as you walk.

Feel the temperature as a gentle breeze caresses your skin..... Notice any aromas.... the refreshing clarity of pine trees.... or the fragrance of flowers..... or the sweetness of meadow grass..... or perhaps salty, sea air.

As you continue walking, you feel of positive expectation..... knowing that you're on the right path.... the path to your Sacred Power Place. You are aware of carrying a backpack that feels burdensome & weighty on your

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shoulders. In your backpack are rocks that represent the cares & concerns you may be carrying around with you.... As you walk along the path... you notice that you are approaching a great wall.

Walk up to the wall & trace your hand along it -- feel the texture of the wall,What is it made of?..... Continue tracing your hand along the surface of the wall, until you become aware of coming to a gate..... You try to open the gate but it will not open..... You then notice the sign that says, “You must let go of your backpack of cares & concerns that you are carrying before the gate will open”...

You now take off your backpack that contains 4 key concerns that you have in your life right now represented by 4 various sized rocks..... You take one rock out a time. Each rock size represents the size or weight of your concern.....

As you look up,..... you become aware of arrival of Angels..... or Beings of Light,or perhaps your Guides or Helpers..... They have come to take each rock, each worry, each care or concern..... to take your burdens off of you lift them up & release them & send them out to the Heavens & the Universe..... where the unlimited sources of power, love, God or the Higher Forces, can work on them to heal, resolve or dissolve them into light.

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You open your backpack...& you take out the first rock, representing one of your concerns..... As you raise your arms up to offer up your concern ...the Beings of Light easily & compassionately lift the rock off of your open uplifted hands..... You feel great relief & gratitude as you let them take this burden from you... allowing the Higher Forces to bring their great power & energy to support your concern.

Now take the next rock out ...noticing the size of the rock..... & what concern it represents..... As you offer up the next rock, you experience the denseness of the rock begin to be dissolve as you release it & you see it be transmuted into light, ... and you begin to feel lighter....& more & more at peace.

Now the next rock represents another worry or fear,..... open your hand, offer it up & let it go. As you look at the last rock..... you realize you have been trying to change this problem with your own limitatians..... & now the greater & higher forces are infusing this concern with great power & energy. After emptying your backpack & letting go of the rocks of concern... the gate opens wide with positive anticipation, step inside....

Welcome to your Sacred Power Place..... ***Everything that you need and want is here.*** Take in the inspiring beauty surrounding you.... Walk to the

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center & slowly, begin making a 360-degree turn..... What season is it?what time of day is it?

Notice the quality of the light..... Take in the whole scene around you, the colors...all the details..... What is the temperature? Is it warm, cool, dry or moist?..... Breathe in deeply completely filling up with the uplifting energy of this sacred place.....What scents are in this environment?...

What sounds do you hear? birds singing?..... flowing water?..... ocean waves? Or wind rustling through the leaves?.....Completing your 360-degree turn, look up. What's overhead?.....trees?..... open sky?.....fluffy clouds.....the sun? the moon? the stars?.....

What do you see? Then look down at your feet. What are you standing on?..... What are you wearing?..... Soak in the positive energy with every breath you take..... Let it permeate your whole being, feel this positive life force energize your body, your intentions & your soul. All creation begins from within..... Right now you are inwardly creating your future, which is beginning of its outward manifestation.

Now, find a beautiful spot nearby, in your Power Place, where you can get comfortable & relaxed..... When you find it, maybe you'd like to sit or lie down there..... Create whatever you need to be comfortable, safe & relaxed.... maybe something comfortable to sit or lie on,..... a pillow or a special chair, or a thick,

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comfy blanket on the earth.....whatever you desire..... Now, just rest...& breathe deeply as you relax....

Now.... I'd like you to let yourself go back in time..... to a time that you felt connected & at one with yourself & all of life..... Go to a time that you experienced feeling joyful, loved or loving, peaceful or empowered,..... perhaps in your childhood, or your teens, or as an adult. A time that you either felt victorious, or a time when you felt closely connected to nature, to loved ones, or to life itself..... you just *felt good being yourself*. Go back to that time, & imagine that you are in that setting right now.....

Feel what you felt in your body..... Are you beaming with energy?..... Or..... peaceful with a feeling of ease & flow in your body?..... Get into *the feeling* of that memory. What *emotions* are you feeling?..... Where are you?..... Is anyone else there?..... What is happening to make you feel like this? Relive the experience in detail..... What do you see?..... What sounds do you hear?..... What smells are there? Is there a taste?..... Something important is happening...something meaningful..... Remember it all.

Now, take this wonderful feeling & memory, & bring it back to your present place.... your Power Place Let this feeling & experience grow stronger in you..... & with this feeling, remember the intention you made when

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you *first* began this journey.....your choice to reclaim your power...to reclaim your true self and life purpose.

Take this intention, with this feeling of power & project it into your future..... Imagine yourself fulfilling your intention... What is your life like now?..... What do you look like?..... What are you doing?..... Where are you?..... Is anyone with you?..... How are you expressing your *true* self?... Wow, all of it actually happened, it came true..... *Feel that feeling Bathe in that glow!*

Now as you walk back from your future self,..... returning to your Sacred Power Place,..... you notice that in the near distance, there is a gathering of beings formed in a circle surrounded by Light.

As you draw nearer, you realize that this smiling, welcoming gathering of Beings is waiting for YOU to arrive..... You join this blessed circle...made up of your loved ones, those in body, & those loved ones in Spirit..... You see your spiritual teacher, or guide or angel, as well as animals, friends, & family already present.....You feel filled with Joy & Light as you easily allow yourself to receive this great love & support that emanates from their heart to yours.....They all send their prayers & well wishes for you, your health, & your happiness.

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Each Being sends beams of Golden Light that infuses your cells, your mind, & you feel this filling your body & mind..... They anoint you with their love & blessings..... so that you can easily & joyfully fulfill all your intentions..... Feeling filled up & overflowing with all the energy, love, power & support you need..... You heartfully thank them, perhaps bowing to them, as you feel your oneness with each of them. You watch as they return & dissolve into the Light.....They are always present & completely available for you..... anytime you want their presence..... you just call & tune into them...and they are there.

As you complete your time at your Sacred Power Place, find a way to anchor this memory into your body & mind..... You can put your hand on your heart or belly..... Or bring an image or symbol that reminds you of your Sacred Power Place..... Or you can place your touchstone over your heart,..... Or feel it in your hand.

(Coach, that is, if you passed out touchstones)

Now surround yourself with a beautiful radiant circle of light, choosing a color that is right for you..... so that your being is filled with this radiant color that is giving you continual, rejuvenating energy. Now seal your sphere of color by surrounding it with a protective golden circle of Light, filled with all that you need. You now are encircled with this with light as you move forward in your life.

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.....with gratitude you thank your Sacred Place for being available to continue to support, energize,& resource you. This place is always here to support you...its always waiting for you to come & be recharged. Just close your eyes & use your anchor, that thought, word or gesture that you created to remind yourself.

Feeling joyful, healthy, strong, energized, focused, guided & directed, you start walking the path..... coming to the present moment..... here & now. Take all of that good energy to fulfill your intention. Feeling that sense of power, see yourself easily taking the actions you need to take..... You can visit this Sacred Power Place any time you want. It's always waiting for you.

And now, breathing deeply, wiggle your fingers & toes, slowly coming into the awareness of where you are at this moment. And when you're ready, open your eyes at the count of three & you will wake up & be refreshed. 1..2..3. now you are fully awake!..... You may want to make a mental note or jot down some of the things that you realized or experienced on your journey.

Coach Note: Have everyone stand up, drink water, use the bathroom & then lead the group in a movement or stretch. Generally people are more inward afterward (some people may even cry) & would rather not share at the moment, but later, at the end of the session, or during the next session you can ask if any volunteers would share what they received during that imagery.