

## The Heart's Way for Creative Clinicians

# White Light Guided Imagery

### Script for breath work and relaxation

(When guiding clients with this imagery for breath work and relaxation, remember to speak slowly and with a calm tone of voice. Pace your words to follow the speed and rhythm of your client's breathing if possible, observing their natural inhalation and exhalation. You may want to repeat, enhance, or modify various sections of the script, depending on your client's level of relaxation. If you and your client utilize this guided imagery on a more regular basis, you can discuss what works and what doesn't work for them. By doing so you can individualize the imagery and make it their own unique experience).

To begin with, I invite you to settle yourself into a comfortable position, either sitting or lying down. If you are sitting, keep your feet on the floor, with your legs uncrossed. You may wish to close your eyes for this relaxing imagery.

Once you are sitting or lying comfortably, begin to focus your attention on your breathing. Notice your breath as it enters and leaves your body. Relaxed and easy. Just breathing, in and out, as you normally do.

(pause)

Notice how your body feels as you inhale, how the air feels as it enters into your lungs. And now paying attention to your exhale, releasing any tension or stress, along with your out-breath. Just breathing regularly, paying attention to this wonderful function that we normally don't ever think about.

Feeling the cool, clean, oxygen as it enters your body and nourishes your organs. And then feeling your body releasing the carbon dioxide that it doesn't need, along with any stress or tension that has been built up inside of your body.

You may notice, that with each exhale, your chest sinks in, just a bit. Perhaps you may even feel a slight relaxing of your shoulders with the exhale too.

Just breathing in and out, peaceful and calm.

Take a moment to focus on the healing action of your breath. In and out at its own pace, and in your own time.

(pause)

And now, as you continue to breathe, I'm going to invite you to imagine a beautiful white light that is positioned at the base of your abdomen. This light may be warm or cool, whatever temperature that is absolutely perfect for your body in this moment.

As you inhale, notice that this white light travels from the base of your abdomen upward through your chest and neck to the top of your head. With the exhale this white light travels down the back of your head, neck, back, legs, and feet, and washes out to the floor (or space) beneath your feet.

With each inhale, this beautiful white light travels upward from your abdomen to your head and then with each out-breath it moves downward through your body, finally washing out to the floor (or space) beneath your feet.

This beautiful white light moves about your body with the rhythm of your breath. In and out. It moves about in a circular motion, from your abdomen to the top of your head with the inhale. And down through your neck and spine and legs with the exhale, finally washing away to the floor beneath your feet.

This beautiful white light, which is just the right temperature for your body, has the ability to gather up any tension or pain or stress or worry that you may have, as it moves about your body with your breath. And with each exhale, it washes away anything unwanted to the floor beneath your feet.

It is sort of like an energetic sponge, soaking up any discomfort or anxiety or depression or negativity and washes it away to the floor beneath your feet with each exhale.

Leaving you feeling relaxed and comfortable. Peaceful and content. Physically and emotionally free of any negative feelings or sensations.

I invite you to take a few moments to continue to observe the wonderful action of this beautiful white light, as you breathe in, and out.

(longer pause)

With your eyes gently closed, continuing to breathe in and out, calm and relaxed, I invite you to, once again, begin to feel yourself sitting in your chair (or lying down). Beginning to notice the feeling of your arms and legs, your head and feet. Gradually becoming more and more aware of your surroundings.

Please know that you can return to this experience at any time. First, by focusing on your own breathing. And then, imagining the beautiful white light gently circulating around and around in your body, soaking up and dissolving any unwanted feelings or emotions inside of you. Understanding that this imagery is available to you at any time that you feel the need for it. It is only a breath away.

And when you're ready, gently open your eyes. How do you feel?

(Sometimes it takes a moment or two for clients to get their bearings, especially if they have relaxed deeply during this experience. Make sure that they are fully alert before they leave the session, especially if you are seeing them in-person. It is helpful at times to discuss their experience with you afterward. Were they able to focus on their breathing? Were they able to imagine the white light? What did the light look like? How did it feel? What would make this experience even more beneficial in the future? Please note that I frequently use an abbreviated form of this imagery as the starting point for more in-depth guided imagery experiences with clients. So, it is a very good basic guided imagery technique to use, and to refine to fit your unique counseling style).