



CENTERforEARTH-BASED HEALING

Air Guided Visualization Script

INTRODUCTION:

Hello. My name is Michele Zehr, and I'm the founder of the Center for Earth-Based Healing. I'd like to invite you to join me for a 10-minute guided visualization that focuses on the Earth element of Air. This visualization supports those who feel weighted down by life.

So that you know what to expect regarding sounds that you'll be hearing, after this introduction, you will hear a bell, signaling the beginning of the visualization, and throughout you will hear soft drumming along with my voice. Other sounds you will hear are birdsong, wings flapping, bird calls, flute song, and gliding through the air. Once the visualization has ended, you will hear a brief moment of silence, and three dings of a bell followed by my voice. So, let's get started.

If you feel ready, I'd like to invite you to get into a position that is comfortable for your body. Once you are settled, I invite you to close your eyes, take a few deep breaths, and relax. If you prefer to keep your eyes open or close your eyes only half way, that works as well. It is important for you to trust you, so please make any modifications that will support your sense of safety and comfort.

If you fall asleep, that is perfectly fine. It just means you've given your body the gift of much needed rest.

So now, let us begin our journey with the Earth Element—Air.

VISUALIZATION:

I invite you to visualize yourself walking on a trail that is leading you into a beautiful wooded area in the Appalachian Mountains. It is a comfortable day and you see sunbeams shining through the canopy of the forest causing dapples of sunlight to dance on the forest floor. The breeze is gentle and comforting as it gently grazes your skin. You can see the tree tops swaying in the wind and you are accompanied by Eastern Redbud, Flowering Dogwood, White Oak, and Bald Cypress trees.

The path begins to gently climb in elevation, and you feel excited as you anticipate the beautiful views you will see from the ridge you are hiking towards. Along the way, you observe Bluebirds

and Carolina Wrens sitting on their perches and you hear them singing their songs as you walk past.

From time to time, you think you hear what sounds like a flute in the distance, but you're not sure if it is just your ears playing tricks on you, so you continue along the path that is gently climbing towards the ridge.

As you come around a bend in the path, you can hear the crows calling, and then you see something out of the corner of your eye. To your great surprise, you witness a Barred Owl gliding ever so quietly and landing on a tall dead Birch tree. You stop to observe the Owl for a moment and as you gaze into its eyes, it gifts you with its song.

You turn to begin walking up the path, and you come to a fork in the path, which is not something you recall seeing before. Unsure of which direction to take, you hear the soft flute song in the distance off to your left, so you decide to take the left fork of this path.

The terrain begins to turn from wooded forest to rocky boulders and small shrubs, and the forest birdsong begins to fade into the quiet sound of mountain air. As you continue climbing, the flute song returns and you are sure now that you are getting closer to its source. You curve around large boulders that offer a sense of protection, and the path leads you to the entrance of a large rock tunnel that winds through the ancient mountainside. This tunnel seems to be the source of the flute song, but you don't see anyone else around. The end of the tunnel is not visible, but you can see sunlight illuminating the path inside, so you know it is only a short walk through the tunnel and out through the other side. You decide to enter the tunnel and you have no explanation for this, but the flute song seems to be coming from the rocks themselves, so you stand quietly for a moment and enjoy the sweet song of the mountain.

You exit the tunnel and as you do, the flute song fades away. You find yourself standing on a cliff that allows you to see the vastness of this place as well as the beautiful valley below.

You take in a few deep breaths and feel the cool mountain air streaming through your nostrils as you allow yourself to settle into a sense of your own spacious vastness. You watch the Turkey Vultures flying around and around in circles, as they travel along the air currents and you wonder what it feels like to fly in such a weightless fashion, as lately, you have felt weighted down by the circumstances in your life, and you wish to be free of that weight even if for a moment.

You continue observing the birds, and you look down to the ground, and notice an owl feather lying next to your feet. You bend down to retrieve the feather and as you study its beautiful markings, you notice a tingling sensation moving from the feather into your fingers and into your hands. This gentle and pleasant sensation flows up your arms and throughout your whole body. You notice you feel like flapping your arms as if you had wings, so you do.

You feel your body lift off the ground as if you are weightless. You begin gliding outward, away from the mountain and through the air over the valley. You feel totally supported, as if you were born to fly, and you become acutely aware of the way it feels to have cool air flowing past your body as you glide like a bird.

You notice the lightness of your body and this lightness is sensed throughout every bone and muscle fiber. You even sense a lightness in your heart and you allow yourself to fully experience this peace and calm serenity. You hear no other sounds except for the sound of your gliding body and flapping arms.

You glide upward and catch a thermal air current that allows you to effortlessly rise higher and higher above the valley. The Earth below you looks like a quilt with patches of various shades of green and brown, and you see the glinting reflection of sunlight from several small ponds and rivers below.

As you rise to the top of this thermal, you are joined by a Red-Tailed Hawk who welcomes you with its own song, and it shares its wisdom around embodying lightness....the same lightness that allows you to feel free and liberated as you glide together through the air in this moment.

After a few more moments of gliding together, the Hawk continues rising higher into the air, and you can feel your body gently riding the thermal downward toward the Earth. You gently descend past the cliff where you had been standing, and now you are approaching the forest. You slow the pace of your flapping arms and you gently land on your feet next to the White Oak and Bald Cypress trees that you walked past on your way up the mountain. Now that you are solidly back on the Earth, the pleasant tingling sensation begins to drain from your body, back through your arms and hands, and back into the Owl feather that you are still holding, only now you notice the lightness that you felt while gliding through the air remains throughout your body and your heart.

As you turn to walk back to the place where your day began, you put the Owl feather in a special location in the forest, and you know that you can always come back to it again, and as you do this, you can still hear faint flute song riding on the breeze, and you know that the lightness of Air will always be available to support you when life feels heavy.

CONCLUSION:

Welcome back. I'd like to invite you to take as much time as you need to come back into your body into this space and this time in the present moment. Perhaps start with wiggling your toes and your fingers, and slowly bringing your conscious awareness back to the now.

Additional Sounds From:

Crows & Barred Owl: <https://www.youtube.com/watch?v=fppKGJD3Y6c>

Bluebird: <https://www.youtube.com/watch?v=ancr5DObEGY>

Carolina Wren: <https://www.youtube.com/watch?v=PsU-60d4VL4>

Gliding in the Air: <https://www.youtube.com/watch?v=AE-SXo73NBQ>