



Earth 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 Earth. This visualization supports those who feel anxious and ungrounded.

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 cricket song, bird song, rocks clicking, rushing water, splashing water, dry leaves, and tree branches rubbing together. 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—Earth.

VISUALIZATION:

I invite you to visualize yourself walking on a packed dirt path that is leading you into a beautiful wooded area in the Appalachian Mountains. It is dawn, but the sun has not yet risen over the ridge and you can still hear the final moments of nighttime cricket song before the transition into morning bird song. The forest is waking up with the new day and you see squirrels running along the tree branches overhead, the bird song sounds fresh and vibrant, you can hear a creek trickling in the distance, and the woodpeckers are tapping their rhythmic song in search of a morning meal. The sky is a little hazy and a light mist is rising from the forest floor, but the sun's warming rays will soon burn away the mist.

You feel hugged by the mist as you continue following the path deeper into the forest, and as the sun continues rising over the ridge, the mist eventually fades away and you are joyfully stunned by what you see. You turn around in a complete circle, and as far as your eyes can see, deep...deep into the forest in every direction, you see rock cairns formed at various heights. Some have very large rocks balanced on top of one another, and others are made out of very small pebbles, but there is an order and symmetry to it all even though every single rock in every single cairn is different in shape and size.

The beauty takes your breath away and you suddenly feel the urge to remove your shoes and place your bare feet directly on the Earth. You are standing on a soft patch of green spongy moss that still has a little dew on top from the morning mist. As you stand in this place, you can feel the energy in your body being pulled down towards the Earth and you experience a sensation of solidness...just like the rocks that surround you. You can feel how your entire body is supported by the Earth as you sense the physical contact between your body and the ground. You close your eyes and deeply feel into this solidness, as you pretend you are one of the cairns.

You hear some clicking sounds, and when you open your eyes, you see and hear several rocks and pebbles begin to fall from the cairns, and back to the Earth, but you notice it is happening in a rhythmic pattern that feels energizing and grounding at the same time. You receive this gift of grounded rhythm into your being, and you place your shoes back on your feet and begin walking away from the cairn's rhythmic goodbye feeling directly connected to the Earth.

You wander down the path that is lined with small White Jasmine flowers and you smell the scent of lemon from the Sweetbay Magnolias. The trickling creek gets louder, and as you approach its bank, you are delighted to see a very small cascading waterfall that empties into a tiny pool of water. This pool is only a few feet in diameter and only 6" deep. You sit down on an inviting rock and you notice the sense of solidness you continue to feel from the cairn forest.

You observe the flowing water over each cascade, and you can feel cool mist splashing your face from time to time. This gives you an idea, and once again, you remove your shoes and stand barefoot in the tiny shallow pool. The icy mountain water sends a pleasant tingling sensation through your feet and up into your legs, and into your whole body. You feel an invigorating energy of aliveness while at the same time feeling the soles of your bare feet making solid contact with the rocky Earth. You begin to stomp around and splash in the tiny pool of water just for fun, and the cool tingling sensation feels like it is cleansing the inside of your body. Everywhere you feel jaggedy energy or anxiety, the cool tingling sensation flows through, and surrounds that energy and carries it all away, back through the soles of your feet, into the water where it is carried away by the cascading waterfall. This leaves you feeling refreshed, open and solidly connected to the Earth.

You step out of the water, but now, you decide to walk on the Earth without your shoes and you smile at the fact that you have little wet splash marks all over your shirt.

You continue once again down the path, always aware now of your solid connection to the Earth. The cascading creek is now a faint sound behind you, and you find yourself surrounded by Red

Maple trees, each standing 65 feet tall . They're all dancing in the breeze in unison, as if they coordinated their swaying.

Because of years and years of living through Mother Nature's seasonal cycles, the forest floor in this area is covered with dry, crunchy Red Maple leaves that have fallen season after season. It's as if Mother Nature has gifted you with the most enormous dry leaf pile you could possibly want to play in, so you play.

You pick up arm-fulls of leaves and throw them up into the air. The breeze catches each leaf and they glide and dance back towards the Earth....some even land right on top of your head. Still barefoot, you begin stomping around in the leaves and crunching them beneath your feet. You begin to swirl around in a circle with your arms extended all the way out and above your head. The breeze picks up and the Red Maples begin to sway around in circles as if they are dancing with you and their long branches rub together, making a rhythmic tree sound. Now you can recall the sound of the clicking rocks from the cairn forest, you can hear the splashing of the tiny waterfall pool when you played in the water, and you can now feel and hear the dance of the Earth. With your body in sync with the Earth, in a deep resonate rhythm, everything inside of you feels solid, feels aligned inside and outside, feels balanced, and spacious, open and grounded, so you take several moments to take this in as you dance yourself into peace and Love.

As the breeze begins to lessen, and your swirling begins to slow, you realize you have no idea how long you've been out here dancing, and in this moment, this brings a smile to your face. You stand in the quietude of the Red Maples and dry leaves, and allow yourself to acknowledge the stillness you feel within.

You place your shoes back onto your feet, and you follow the path through the forest. It eventually circles back and joins the original path right where the cairn forest had been, but now, you see nothing, no cairns...only rocks sitting where rocks sit. The sun begins setting and the cricket-song fills the air, and you know you too are right where you need to be. Grounded and solidly connected to this precious Earth.

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.