



CENTER *for* EARTH-BASED HEALING

Fire 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 Fire. This visualization supports those who feel it is time to let go of something that no longer serves them.

So that you know what to expect regarding sounds, 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 and a crackling fire. Once the visualization has ended, you will hear a brief moment of silence, and three dings of a bell followed 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—Fire.

VISUALIZATION:

I invite you to visualize yourself walking on a stone path that is leading you into a beautiful wooded area in the Appalachian Mountains. The sun is shining brightly and you feel its warming rays on your skin. It is a brisk cool day, and the chill of the air causes you to get goosebumps, but you notice how the heat of the sun provides comfort and then warms you goosebumps away.

As you continue walking along the stone path in the forest, you can hear birdsong and rustling leaves where two squirrels chase after one another. You are surrounded by your Tree-Kin... Yellow Birch, Sugar Maple, Red Spruce, and many others, each of whom carry their own story.

One tree in the distance catches your eye, because it appears to have an odd shape, but you can't quite see the whole tree. You choose to walk off the stone path and towards this special tree that is calling to you. You walk for several more minutes and you soon discover that you have been drawn to an enormous Chestnut Oak tree that stands 80 feet tall with a trunk that measures over 20 feet in diameter.

You begin to slowly walk around and inspect the tree's massive trunk, and a story begins to emerge about hardship, drought, severe cold, ice storms, fire and lightning strikes. You look up towards the canopy and now you see that the odd shape you noticed from the stone path was an enormous branch that had been struck by lightning, causing it to snap off and fall to the ground. On its journey to the ground, it took many other large branches with it, and this created the tree's odd shape.

As you walk around the backside of the tree, you see a large opening at the base of the trunk. You feel an impulse to enter this opening, and once you do, you find yourself gleefully sliding along the tree roots which are taking you deeper inside of the tree. This is both an unexpected and joyful experience that deposits you gently inside an enormous cavern.

You hear what sounds like the crackling of a fire and you see the fire light dancing on the cavern walls up ahead. You walk towards the light and when you come around a bend, you are looking at the most beautiful fire you've ever seen. You are standing in a large round room with walls made of smooth stone that are warm to the touch. The fire sits in its own stone hearth in the very center of the room, and the room glows with warm hues of yellow, white, orange, and red, all from the dancing flames. When you approach the fire, you step on a small pebble, so you decide to pick it up and put it in your pocket as a way to remember this special place.

You enter a small opening to an inner circle that has a path around the entire hearth and as you begin to walk around the fire you feel the soothing warmth of its heat each step. You also notice something else and at first you doubt what you are sensing, but with each step you take, the small pebble in your pocket gets a little bigger and a little heavier. By the time you've reached the half-way point around the fire, you are carrying a large rock with both hands and are beginning to struggle with the increasing weight.

One more step, the rock grows bigger and heavier, another small step, and you are not sure you can make it to the end even though you are only 20 feet away from completing the circle. You put the rock on the ground and begin to push it, but as it grows heavier and bigger with each step, you can barely see around it.

With your last ounce of energy and one final push, you reach the small opening where you entered the path around the fire, but what was once a tiny pebble is now so large, that it is blocking the way out, and it is too heavy for you to push out of the way.

In this moment of struggle, you fall to your knees and begin to weep. You realize that much like this heavy rock, you have been carrying something with you for far too long, and with each step you have taken through your life, this "something" has become heavier and heavier. You know what you must do, and you know that now you are ready.

Suddenly, an opening directly into the fire appears, and somehow you know it is safe to enter. You walk directly into the fire, but it does not burn or hurt you. Instead, you stand at its center and you tell the fire what you are ready to let go of, because it acts like a weight in your life and carrying this weight no longer serves you. You tell your story as an offering to the fire.

You feel the fire wrap its warmth all around your body in a spiral motion, and you feel as if you are merging with the fire. You can tell the fire is burning away only what you have offered to it, only what you are ready to let go of, and in the space that is created within you, it fills with, acceptance, peace, and Love. You feel the circular motion of the fire lifting your body off the floor of the cavern and up into the air, and in a moment, you find yourself lying comfortably on the forest floor in front of the enormous Chestnut Oak tree where the large opening at the base of the trunk seems to have disappeared.

You are looking up and now you understand why this tree called to you. Now, you understand that when the tree's giant branch was struck by lightning, if it has remained attached, it would have prevented the tree from growing anymore, so by snapping off and falling to the ground, the Chestnut Oak tree also let go of something that no longer served it, and in doing so, it saved itself, it healed itself.

You stand up and you immediately notice a difference in the way you feel now. This new space inside of you that is full of acceptance, peace, and Love feels so much lighter. You make your way back to the stone path and begin walking back to the place where you began your day, feeling the sun's warming rays on your skin once again. With each step you take, you realize the stones that make up this path look very similar to the small pebble you picked up in front of the fire, only now, they are showing you the way home

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.