



# CENTER *for* EARTH-BASED HEALING

## Water 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 Water. This visualization supports those who feel blocked by an obstacle.

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, a rushing river, and gentle rainfall. 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—Water.

### VISUALIZATION:

I invite you to visualize yourself walking on a soft dirt path that is leading you into a beautiful wooded area in the Appalachian Mountains. The warm sun is shining brightly and a cool breeze carries the sweet scents of honeysuckle and jasmine past your nose.

You enjoy smelling these scents while watching the woodpeckers fly from tree to tree in search of a meal. You are surrounded by Black Walnut, Eastern Cottonwood, and White Pine Trees to name a few.

The soft pine needle-covered path winds through the green forest, and with each step, the sound of water gets a little louder until all you can hear is a rushing river. After winding past large

boulders and blooming Rhododendrons, you find yourself standing at the bank of a beautiful river. The water is so clear, it is almost invisible, and the river is only a few feet deep. You can see mica schist glinting in the water along with tiny minnows feeding on the moss.

You decide to remove your shoes and let your feet dangle in the cool river water. You watch as leaves and sticks gently float past as they are carried by the current of the river. The sun's hot rays are making everything feel toasty warm, and you begin to feel a little hot. You notice a rock formation in the middle of the river that looks much like a chair, so on this hot day, you decide to wade out to the chair and sit securely on the rocks...allowing the cool river water to wash over your skin.

As you sit in the rock chair in the river, you are aware of all of the sensations you feel at this moment....hot sunlight, cool river water, and a gentle breeze caressing your face.

You continue watching the various travelers who float past you in the water...small branches, pieces of tree bark, leaves, and even an occasional dragonfly that is resting on a floating stick. You observe how the current carries all of these travelers down a similar path, but at one point, the current carries everything into an area where a small eddy has formed.

In this eddy, the leaves and sticks become stuck as they float around and around in a circular pattern, floating around and around and around.

You continue watching this eddy, and notice that somehow, each leaf and stick eventually finds just the right place that carries them back into the main current of the river, and away they gently float out of sight.

To your great surprise, a beautiful Blue Heron glides down to the river and lands on another rock formation that is only 10 feet away from you, and the Blue Heron sets its gaze on you. You feel an unexplainable yet overwhelming sense that this Blue Heron is inviting you to follow it by floating effortlessly down the river. You decide to accept this invitation, and you step away from your rock chair, relax into the water, and you begin to be carried gently by the current while the Blue Heron stays just ahead of you as if it is guiding you.

The current bumps you gently into some rocks, and you feel stuck. At first, you begin to resist the current to find a way around the obstacle, but this tires you out very quickly. You realize that instead of fighting the current, you can choose to relax into the current, and the moment you surrender, you too find your way back into the main river current that carries you around and away from the rocks, just as the sticks and leaves had demonstrated earlier in the eddy.

Now, you are fully relaxed and you feel you can trust the river. The Blue Heron stays just ahead of you, accompanying you as you float effortlessly. Sometimes you gently bump into rocks, sometimes you find yourself circling around in a small eddy, but each time you feel the impulse to fight the current, to force your way around the obstacle, you remember that you have the choice to be patient and to surrender each time to the river's ancient wisdom. When you do, the current eventually carries you away from the obstacle.

After floating down the river for some time, the Blue Heron flies away from the river and lands on a tree that sits next to a large boulder on the river bank. You notice there is a path leading into the woods and a set of natural stone steps leading out of the river, so you rise up from the water, walk up the stone steps and stand for a moment next to the large boulder with the Blue Heron resting above you. You take a moment to reflect on this journey and what it has taught you about how to find your way around obstacles.

You realize that there were moments in the river when you felt you would be stuck forever, but with patience and choosing to surrender to the current, you always found your way around the obstacle, even if the current didn't take you around the obstacle in the way you would have chosen.

You gaze into the Blue Heron's eyes, and there is an acknowledgment of respect towards one another. And just as it had appeared from above earlier in the day, it now flies away and out of sight. You can't explain this, but your shoes are sitting right next to the boulder, and as you place them on your feet, and begin to walk away into the forest and way from the river, the sun's hot rays begin to dim, and a gentle rain shower begins.

At one time, you would have run for cover when the rain began, but not today. Today, your heart is filled with gratitude as you walk along the forest path back to the place where you began your day. With each step you take, you feel the rain droplets landing on your skin, and you appreciate how each drop finds its way past the obstacles on your body and eventually fall to the Earth. From this day forward, rain and rivers remind you that obstacles are nothing more than momentary pauses, and there are many paths around any obstacle. You now know that with patience and surrender, you can find your way around each obstacle that you encounter in your life.

### **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.