

My Secret Garden Guided Imagery
From Reclaiming Goddess Sexuality
By Linda E. Savage, Ph.D.
760-758-3308
lindasavagephd@goddesstherapy.com

Find a place where you can be undisturbed and comfortable, for about twenty minutes. Begin by breathing deeply as you move mentally through your body, relaxing your head, neck, torso, arms, and legs. As you gradually begin to relax, close your eyes and take deep breaths of fresh air, feeling the pure air cleansing your system of all stress. You will feel very peaceful and relaxed.

Imagine walking along a lovely outdoor path, leading you into a garden. It is your garden and very special to you. Imagine the path, whether made of stones, gravel, wood chips or simply tamped earth. Envision all the natural surroundings leading up to your secret garden, as vividly as possible. As you approach your garden, notice if there is a fence or wall around it. Visualize the structure and imagine how it is constructed. It may be made of wood, brick, concrete, or carefully clipped hedges, making a boundary between the surrounding area and your garden. Also imagine the entrance to your garden. Is it a gate that swings wide open and closes automatically, or is it a barrier that needs to be pushed open, or removed, in order for you to walk inside? As you imagine yourself walking inside your secret garden, notice how you feel. Can you see the surrounding area from inside, or is the wall so high that you feel totally enclosed?

Inside your garden, notice all the wonderful plants and trees. Imagine any swings, benches, or other ornamentation that comes to mind. Imagine yourself tending to your garden. This is your own special place and you may make changes in your garden in any way you like, any time you wish. Perhaps there are weeds to be pulled, or there is overgrowth that needs to be cut back. Imagine planting things, or simply enjoying the wonderful sights-- the colors of flowers, the bright shades of green, and the cool, brown earth. Notice the wonderful smells of flowers and plants. Enjoy the sounds of the wind, or the calls of animals or birds that may be part of your garden. All your senses are alive in this special place.

As you spend time in your garden, you may decide to build a different fence or any other kind of boundary, to partition the outside world from your own space. Take a moment to imagine what you would like to add to or eliminate from your garden. Your images will change over time and you will always be able to choose what you want to do with this special place. Now, take a moment to say good-bye to this place that is yours alone. Then imagine yourself leaving by the entrance and walking down the same lovely path. As you move away from your garden, notice how you feel right now. Slowly bring your consciousness back into the room and feel your body supported by the floor, chair, or mattress. When you are ready, open your eyes.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.