

## Valerie Sullivan's Script for Guided Visualization

### Guided meditation #1

I want you to start from a place of comfort, so please take time to ensure you are relaxed. Take a breath in and gently exhale X 2. It is not uncommon for us to hold tension in our bodies so I want you to raise your shoulders hold tighten and squeeze, slowly lower your shoulders as you breath out. Now ball up you fists as tight as you can as you raise your shoulders up tightened and squeeze. Slowly exhale and release.

<https://www.youtube.com/watch?v=1ZYbU82GVz4&t=96s>

Title: Relaxing Sleep Music: Deep Sleeping Music, Relaxing Music, Stress Relief, Meditation Music ★68

I want you now to close your eyes if you feel like you can do so, or leave them open no judgement...now I want you to challenge yourself to leave these four walls and go to a place real or imagined where you feel safe, where you feel loved. You can be alone or you can be with a loved one, your choice. Know that you are safe, know that you are loved, know that you are a good person, and you deserve a good life. See what you see, hear what your hear and allow yourself to feel without judgment. Know that you are safe. Know that you are strong, you are resilient, you are gifted, talented, you deserve a good life. See what you see, hear what you hear, and allow yourself to feel without judgement. It is time to let go of those things that no longer serve you. No shame, no pain, no judgement just love and compassion for yourself...remember you are loved, you are forgiven and you can forgive. This place of your choosing is safe... know that you can go back to this place of peace and serenity at anytime this is for you...in 3, 2, 1 slowly open your eyes. Welcome back. During this

part of the group I do a check in with the patients and invite them to share what they experienced. And to only share what they feel safe sharing.

## **Guided mediation #2**

The second guided imagery intention is for each participant to gain knowledge and understanding about the threat cycle... more specifically moving towards their own journey of healing and understanding. As I mentioned earlier, I was introduced to this concept by Jondi. Once I had that level of awareness of how I allowed myself to complete my own threat cycle, I devised an exercise around this concept. This has been proven to be beneficial to the patients I serve.... So... are you ready? Once again, I typically take my patients through some tension release work before I begin the guided imagery session.

<https://www.youtube.com/watch?v=gcgPRmLPPqw&t=78s>

**Title 3 HOURS Best Relaxing Music | Africa | Shaman |  
Background, Relax, Sleep, Study, Meditation**

I want you now to close your eyes if you feel like you can do so, or leave them open if you so choose no judgement. I want you to leave these four walls and to transport yourself from this place to far the reaches of Northern Africa... deep into the Sahara Desert. You are no longer in human form.... you are now a baby gazelle and you are only a few weeks old. You feel the hot desert sun beaming down on your body and your face...you are with your herd and you feel safe. You feel loved, you feel nurtured and you have no fear. I want you to see what you see, hear what you hear, and allow yourself to feel no judgement. As you move along with

your herd... you feel safe. The temperatures are rising and you thirst...you begin to move along with your herd to the local watering hole. During your journey something catches your attention and from the corner of your eye you see movement. This movement is at a distance from you and you stop for a moment. When you turn back around to move with your herd, they are no longer with you. You are now alone; you are afraid and you cry out however you are not heard. You feel your heart begin to race quickly and for the first time in your young life you feel fear. The movement that was at a distance exposes itself. It is a lioness and she must feed her King. She begins to slowly move towards you and you begin to run and take flight as quickly as you can...She races towards you and swipes at you...but misses. As the chase continues, she swipes again but this time she manages to scrape a part of your body... you frantically race forward, moving at an accelerated pace, until you see a familiar sight. It is your herd. At this time visualize yourself rejoining your herd. Your herd surrounds you with a hedge of protection and puts you in their center of a circle allowing you time and space to release your physiological emotions. They expose their horns to any predators that may be in the area and you allow yourself to release, to shake, to shutter, to wail... and to cry out... you are safe, you feel loved and all is well. You are with your herd. You are safe. Now I want you to come back into a state of human form to this current time and space in 3, 2, 1. Welcome back. Once again, I'll do a check in with the patients and ask them to share their experiences and only share what they feel comfortable sharing.