

A Walk in the Country

Close your eyes.

Imagine yourself walking along an old country road the sun is warm on your back the birds are singing the air is calm and fragrant. As you progress down the road, you come across an old gate The gate creaks as you open it and go through. You find yourself in an overgrown garden, flowers growing where they have seeded themselves, vines climbing over a fallen tree, green grass, shade trees. Breathe deeply, smelling the flowerslisten to the birds and insects feel the gentle breeze, warm against your skin. As you walk leisurely up a gentle slope behind the garden, you come to a wooded area where the trees become denser, the sun is filtered through the leaves. The air feels mild and a bit cooler. You become aware of the sound and fragrance of a nearby brook. You breathe deeply of the cool and fragrant air several times, and with each breath, you feel more refreshed. Soon, you come upon the brook. It is clear and clean as it tumbles over the rocks and some fallen logs. You follow the path along the brook for a way. The path takes you out into a sunlit clearing where you discover a small and picturesque waterfall There is a rainbow in the mist You find a comfortable place to sit for a while, a perfect niche where you can feel completely relaxed. You feel good as you allow yourself to just enjoy the warmth and solitude of this peaceful place. It is now time to return. You walk back down the path, through the cool and fragrant trees, out into the sun-drenched overgrown garden one last smell of the flowers and out the creaky gate

You leave this secret retreat for now and return down the country road. However, you know that you may visit this special place whenever you wish.

When you're ready, take three deep breaths, and open your eyes