**Experiential: Guided Imagery #1**

Imagery is simply creating thoughts and pictures in your mind using all of the senses, not just visualization. Imagery is the most effective when it incorporates sight, sound, smell, touch and taste.

**Script:**

Imagine - yourself standing on a staircase 20 steps above a beautiful beach. Go down a few steps, becoming aware of a few bits of sand under your feet, a few more steps, becoming aware of a breeze against your skin, down to the 10th step where you feel the sun against your back, a few more steps, and you hear the ocean. When you get to the bottom step, step onto the sand and begin to slowly walk toward the water, being aware of all your senses-smells, sounds, sensations.

Walk to the water. Look over it, noting the color of the water, the sound of waves, feeling the sand under your feet, feeling the sun against your skin, feeling the breeze against your face. Walk slowly up and down the beach, noting all sensations. After 10 minutes, take a last slow look of the water, and then walk back towards the steps. Walk up one step at a time, noting the sensations getting dimmer. At the top of the stairs, refocus slowly to the sounds in the room.