

Sample Guided Visualization Script

Note: this works best if the guide reads slowly, allowing spaces and silences for reflection throughout. Some parts of the text, such as breathing, can be repeated. This script is an imaginary tour of your service experience as a group. Each person will need a pen and paper in front of them. *Begin by finding a comfortable position and close your eyes...*

Become aware of your body being held up by the chair, feet on floor

Notice your breath... is it fast or slow?

Take it deeper

Relax... move into a state of peace, allowing all tension to wash away

Breath in light, energy

Breath out tension

Notice the space that opens inside as you relax

Allow yourself to move deeper into your center

Be there

Imagine yourself approaching the place where you volunteer

It is your first day – what are you expecting? What apprehension do you have?

As you enter, what do you notice? Who is there?

How do you feel?

Now fast forward to your most recent experience there –

Let the events of that experience scroll across the screen of your mind

Notice colours, sounds, feelings, shapes, smells

Who are you interacting with?

What differences do you notice in them? In yourself?

What stands out to you?

As this service experience plays out in front of you, what movements do you notice within?

What images, words, or shapes describe these movements?

Choose one that stands out to you

Hold it within yourself

Cradle it

What is it saying to you? Listen

How do you respond?

Begin to bring your attention back to your body sitting on the chair, feet on floor

Notice again your breathing

Gently move your fingers and toes

Slowly bring your attention back to room

Pick up a pen and write or draw your image or word

If you wish you can invite people to write a sentence using their word or image. After everyone has written their word or image, invite people to share what they wrote or any insights that they had.