10/15 minutes guided imagery exercise (somatic and heart focus):

* Take a nice big breath and relax into your body
* Tune in to your body; begin to notice areas in the body where there may be some tension or other more intense activity, or even pain
* Let’s play a little…Tune in to each of these areas, one by one
* If your body could talk, what would each of these areas say to you?
* One by one, listen to what each of these areas may have to say. Listen with kindness and curiosity… Allow each area to speak..
* Now move your attention to the heart area: let the heart speak. Listen to it in the same way
* What is the heart saying?
* How is it saying the things he’s saying? Notice the tone (cheerful, sad, heavy, intense, happy, etc)… Allow the heart to fully deliver its message to you..
* Then…Bring your breath to the heart, and breathe softly thorough it
* As you breathe in it, allow the heart to be and to rest, content that you have listened and tended to it.. Breathe through it some more..
* Thank your heart with genuine, loving and kind appreciation for his struggles
* Thank the heart with genuine, loving and kind appreciation for his experiences of joy
* Now get ready to return to feel your full body and feel its full presence in the room…sit a few minutes with it..
* Gently open your eyes and return to activity

Rosa Di Lorenzo, PsyD, Licensed Psychologist