Therapy-on-Sea

The Life Journey

I am going to take you on a journey. Listen to my voice and picture the things that I am about to describe to you.

This will be a slow journey so take your time in your thinking.

Close your eyes

Take some deep breaths

Clear your mind

Imagine that you are in the wood

How does that wood feel to you?

What does it look like?

What season is it?

Is it a nice or a bleak place to you?

Look around……absorb what you see and feel

Now before you – you see a path, absorb the path, and remember what the path looks like.

Is it wide or narrow, is it straight or curved, remember the details

As you walk on it, how does it make you feel?

Where is the path taking you?

You look down on the path and see a key

What does the key look like?

Old, ornate, rusty, large, new, small, think about that key

What might it fit?

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Do you take it with you, or do you leave it behind?

Continue walking along the path, you know find a coin

What kind of coin?

Do you take it with you or leave it?

Continue walking along the path

Next you see a cup, what kind of cup is it, what does it look like to you?

What is it filled with?

Do you drink it?

Do you take it or leave it?

Next you come across an angry animal blocking your path..... what kind of animal
What do you do? What happens as you move past?

Next you come to some water, what kind of water is it? Is it a large amount of water or small, is it fast or slow?

How does it make you feel?

You notice that the path ends in a wall.... What kind of wall?

How does this wall make you feel?

What might be on the other side?

Can you see over the wall?

If you can do you look over it? What do you find?

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)

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Now I want you to open your eyes

I want you to write down everything that you remember

I can help you with prompts of the journey

I will go over the key points and areas again so that your mind can refresh you.

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Key

Wood – How you see life – tall trees, open canopy, season, full or empty, dark, bright, strong trees, weak trees

Path – Life journey or direction – clear open, winding, hidden, broken, uneven

Key – Education/learning – big looking for learning, old ornate history of learning, small not much interest or starting out. Take it with you constantly learning, leave it learning is in the past.

Coin – money/career – is it important, is the coin large, is the amount large, if not is money/career important, is it left because you do not need it?

Cup – spirituality/faith, how deep is your faith/spirituality, do you drink in your faith, take it with you important, leave behind not important or damaged?

Animal – obstacles that you are facing, if not moving blocked, if able to move around can see beyond obstacles

Water – sex and emotions – how you see your sex life and emotional side, small shallow indicates blocks in emotions and sexual self

Wall – represents life after death, do you see the wall as a barrier, not looking over represents fear of death or the other side, genuinely not interested in the future, happy in here and now. not being able to see through or over wall. Is it open, can you see over. What do you see?

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