

Tree House

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English version: Help for English – www.helpforenglish.cz

Find a comfortable position. Breathe in and breathe slowly out. Draw your attention to your deep, slow breathing. If you'd like, gently close your eyes. Feel your mind settle and let your thoughts flow freely.

Now imagine a tree house. It's your tree house. Begin to experience it with all your senses.

With your inner vision, notice your surroundings. Where is it located? What does it look like? What is your tree house made of? What color is it? How do you get inside? Enter your tree house and look around. What does it look like from the inside? What do you see? Are there things to sit or lie down on? Enjoy this moment in your tree house.

Reach out and touch the walls or the floor of your tree house. What surface do you feel under your hands? How does it feel to touch?

Inhale deeply. Smell the air, smell your tree house. Notice the scents. What are they like?

Now listen to the sounds around you. What do you hear? Perhaps birds are singing, or there is a brook bubbling nearby.

Look around your tree house again. Is there anything you can taste? Take a bite. What is the flavor like on your tongue? Savor every mouthful.

Now draw your attention to your heart space. How do you feel in your tree house? What are you experiencing right now? Joy? Happiness? Peace? Or something else? Bask in this feeling. Savor the comfort of this moment.

Take a deep breath. And with a slow exhale, open your eyes.