

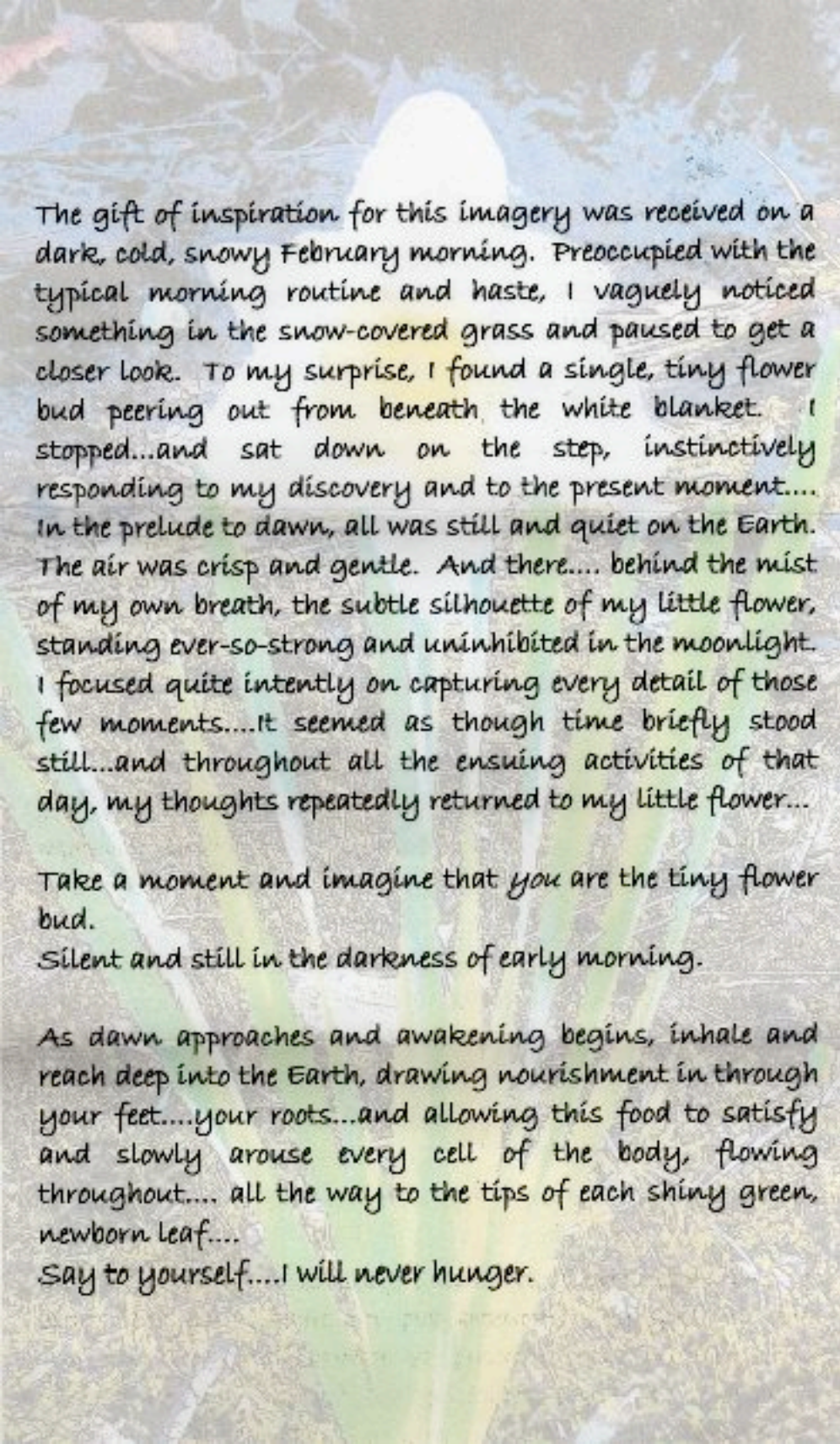
Inspirational Imagery Exercise

by

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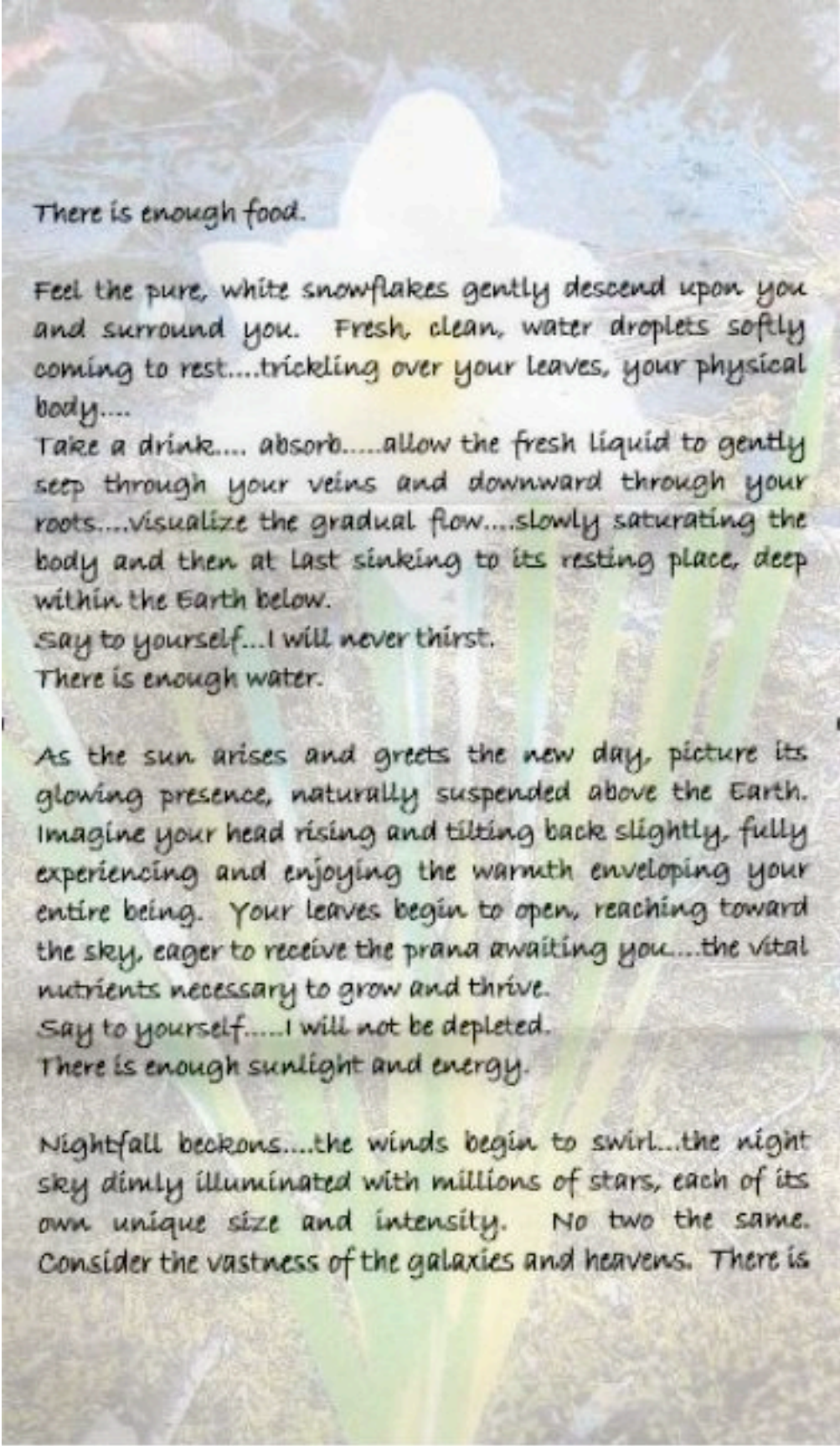
The gift of inspiration for this imagery was received on a dark, cold, snowy February morning. Preoccupied with the typical morning routine and haste, I vaguely noticed something in the snow-covered grass and paused to get a closer look. To my surprise, I found a single, tiny flower bud peering out from beneath the white blanket. I stopped...and sat down on the step, instinctively responding to my discovery and to the present moment.... In the prelude to dawn, all was still and quiet on the Earth. The air was crisp and gentle. And there.... behind the mist of my own breath, the subtle silhouette of my little flower, standing ever-so-strong and uninhibited in the moonlight. I focused quite intently on capturing every detail of those few moments....it seemed as though time briefly stood still...and throughout all the ensuing activities of that day, my thoughts repeatedly returned to my little flower...

Take a moment and imagine that *you* are the tiny flower bud.

Silent and still in the darkness of early morning.

As dawn approaches and awakening begins, inhale and reach deep into the Earth, drawing nourishment in through your feet....your roots...and allowing this food to satisfy and slowly arouse every cell of the body, flowing throughout.... all the way to the tips of each shiny green, newborn leaf...

Say to yourself....I will never hunger.



There is enough food.

Feel the pure, white snowflakes gently descend upon you and surround you. Fresh, clean, water droplets softly coming to rest....trickling over your leaves, your physical body....

Take a drink.... absorb....allow the fresh liquid to gently seep through your veins and downward through your roots....visualize the gradual flow....slowly saturating the body and then at last sinking to its resting place, deep within the Earth below.

Say to yourself...I will never thirst.

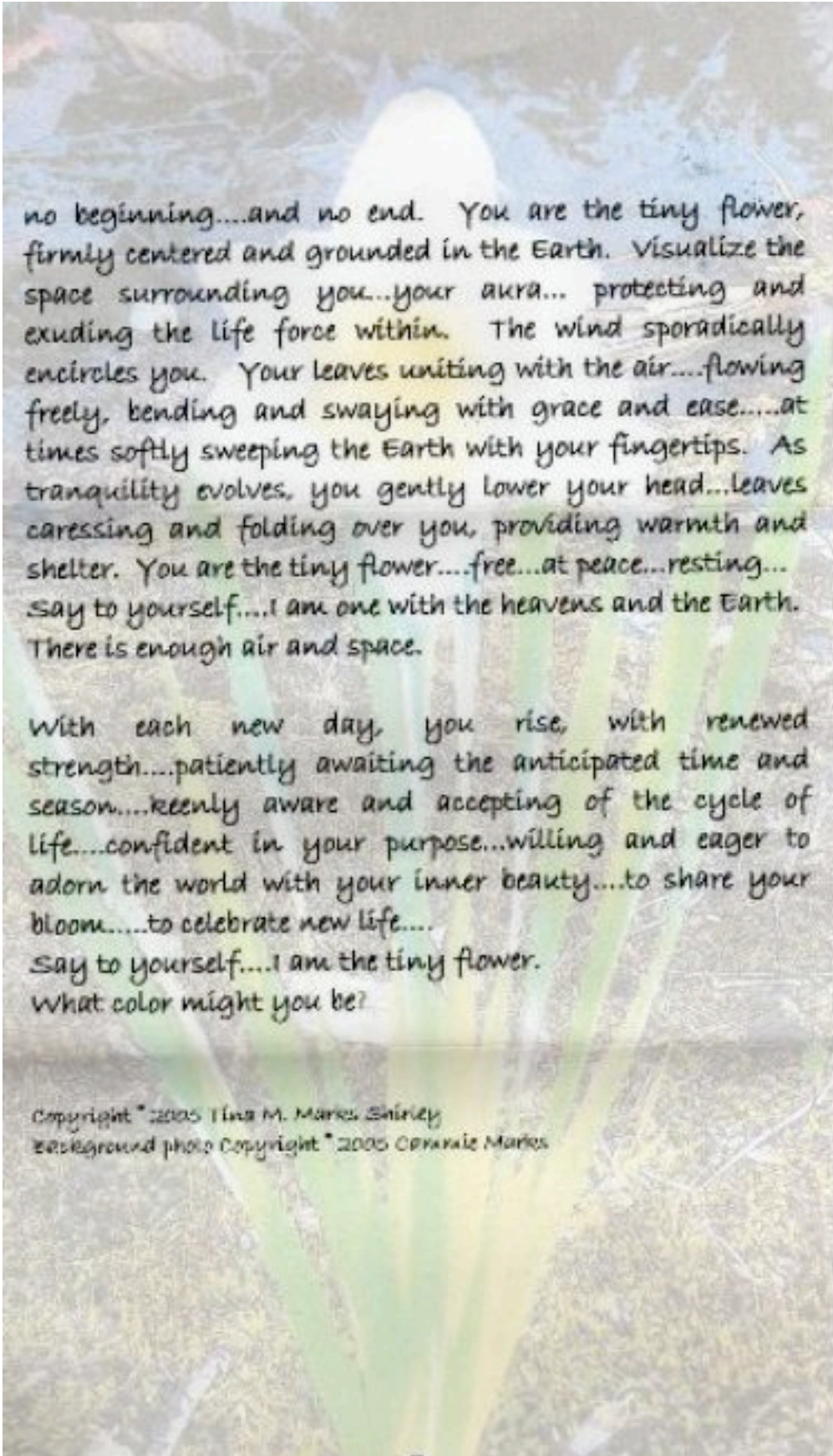
There is enough water.

As the sun arises and greets the new day, picture its glowing presence, naturally suspended above the Earth. Imagine your head rising and tilting back slightly, fully experiencing and enjoying the warmth enveloping your entire being. Your leaves begin to open, reaching toward the sky, eager to receive the prana awaiting you....the vital nutrients necessary to grow and thrive.

Say to yourself....I will not be depleted.

There is enough sunlight and energy.

Nightfall beckons....the winds begin to swirl...the night sky dimly illuminated with millions of stars, each of its own unique size and intensity. No two the same. Consider the vastness of the galaxies and heavens. There is



no beginning....and no end. You are the tiny flower, firmly centered and grounded in the Earth. Visualize the space surrounding you...your aura... protecting and exuding the life force within. The wind sporadically encircles you. Your leaves uniting with the air....flowing freely, bending and swaying with grace and ease....at times softly sweeping the Earth with your fingertips. As tranquility evolves, you gently lower your head...leaves caressing and folding over you, providing warmth and shelter. You are the tiny flower....free...at peace...resting... Say to yourself....I am one with the heavens and the Earth. There is enough air and space.

With each new day, you rise, with renewed strength....patiently awaiting the anticipated time and season....keenly aware and accepting of the cycle of life....confident in your purpose...willing and eager to adorn the world with your inner beauty....to share your bloom.....to celebrate new life....

Say to yourself....I am the tiny flower.
What color might you be?

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