Modified calm space

In a moment I will take you through a guided imagery, that if you have done those before, will ask you to think about some things, and notice some things. This will be mostly me talking, but that doesn’t mean you are forbidden from speaking, so if you need something, if something isn’t working, or if you have questions of course you can stop me at any time. I will ask you to notice and to imagine stuff, then I will ask you to do some slow BLS for a short period, then we will go back to noticing and imagining. That happens 4 or 5 times, imagining and tapping/going back and forth, and you will know we are done because I say “come back to the room here with me.” This takes about 20-30 minutes, depending on how fast I speak. I will ask you a couple of yes/no questions and will ask you to affirm with a nod or shake of your head. You are free to close your eyes if that feels comfortable to imagine, or to soften your gaze to the floor or a point close to the ground; we will not have eye contact like we do while we are actively talking.

Begin to notice where you land here where you are sitting. Make any adjustments or get out any wiggles you need. Can always adjust to be as comfortable as you need. Notice your feet on the ground, or in your shoes or socks, notice the touchpoints of your body against where you are seated, notice yourself breathing. You don’t have to change your breathing at all, just notice that you are inhaling and exhaling.

Now I invite you to imagine a space that if you were to imagine yourself there you could imagine yourself being calm, and comfortable, comforted and protected. Can be a place you go to on a regular basis, a place you have gone to in the past, or a place you completely make up in your mind, maybe a combination of more than one place; but should be a place you imagine in your mind’s eye, you know no harm can come to you there- not connected to a place where bad stuff has happened in the past, or reminds you of anything distressing, and should only be a place that fully supports you being calm, comfortable, comforted and protected. Let me know with a nod or shake of your head to you have a good sense of that space that is only positive for you? (pause and adjust as needed)

Now I invite you to imagine bringing anything to this space with you that you’d like, any objects or furnishing, any creatures or people, but especially with people, the only things that are allowed inside this space are that which maximally support you being calm, comfortable, comforted and protected. (Pause) To that end you also get to keep anything out which doesn’t serve you. If you’d like to add any walls, or fence, guards, a force field, a cloaking device, a moat, a secret escape hatch, anything you need to keep this place protected; even if you’d like to add some type of message scrambling device so you can keep out any calls, messages, texts, streaming, stuff gets in only if you want it to come in; you and only you get to control what comes in and what goes out.

Continuing in this space that is calm, comfortable, comforting and protected, now I would like to invite you to begin to notice all the details of this space that you can with all your five senses. Anything you can see, any sounds that you hear, any smells, anything you touch or any sensations on your skin, and any tastes in this space. Noticing everything you can about this space using all your senses. And as you notice what you can about this space, I’d like you to slow tap/follow with your eyes, slow BLS back and forth.

Continuing in this space that is calm, comfortable, comforting and protected, I’d like to invite you to begin to notice what it feels like on the inside of yourself to be in this space. Notice the quality of the sensations, notice the location in your body where those sensations are. And let me know with a nod or a shake of your head, are those positive sensations you are feeling? (if no, find what is intruding, adjust with client as needed. After adjusting ask them to come back to the space and again notice- check again if all positive). I’d like to invite you to notice those positive sensations, as you continue to take in details of this space, and just notice (as you again slow tap/follow with your eyes/slow BLS back and forth).

Continuing in this space that is calm, comfortable, comforting and protected, now I’d like to invite you to see if you can allow those positive sensations to begin to grow and to expand – maybe to grow bigger and bigger and expand farther and farther, so they begin to spread into other areas of your body. Maybe those positive sensations grow bigger and expand farther so they start to spill down into the lower part of your body. And maybe it starts to fill down into your toes, and fills up into your feet and ankles… your shins and calves… your knees… your things and hamstrings… you seat and hips… your pelvis and lower abdomen… (up around and holding baby)… your stomach… your ribs and middle abdomen… your chest and up to your collar bones and upper back… then spilling down your arms to the tips of your fingers and filling into your hands and wrists… up through your forearms… your elbows… your biceps and upper arms… up to your shoulders… into your neck… your jaw… your cheekbones… your eye sockets… your forehead… up to the top of your head. And maybe these positive sensations continue to grow bigger and bigger and expand farther and farther so they reach every cell inside your body. And maybe they keep growing bigger and bigger, and expanding farther and farther, so they reach beyond the outer edges of your body, so these positive sensations reach every cell inside you and wrap all around you. As you continue to notice those positive sensations just notice (as you again slow tap/follow with your eyes/slow BLS back and forth).

Continuing in this space that is calm, comfortable, comforting and protected, now I’d like to bring your attention back to noticing this space using your 5 senses, seeing if you can make this space the most bright, clear, vivid image for yourself in your mind’s eye. So anything you see, like you are zooming in or sharpening the image when you take a picture, so it becomes the most bright, clear picture… anything you hear becoming more clear and rich… anything you smell becoming brighter and more vibrant… any sensations on your skin or anything you touch deeper and fuller… anything you taste becomes more bright and crisp. So this image in your mind’s eye is the brightest, crispest, most clear, vivid experience for you. As you continue to notice those details with your five senses, as you continue to notice the positive sensations of what it feels like to imagine yourself in that space, just notice (as you again slow tap/follow with your eyes/slow BLS back and forth).

Continuing in this space that is calm, comfortable, comforting and protected, I’d like to invite you now to think of a word or a short phrase that you will name this space. A title, or what you would like to call it to remind yourself of this space later. Let me know with a nod of your head when you have that word or short phrase… Now that you have that word or short phrase, I’d like you to hold that phrase, with the image in your mind of this space using all your five senses, as you continue to notice the positive sensations of what it feels like to image yourself in this space, and just notice (as you again slow tap/follow with your eyes/slow BLS back and forth).

In just moment we are going to begin to prepare to leave this space, but not just yet. If there is anything you need to do to prepare to leave this space, I will invite you to image that now- if there is anything you need to pack away, anything to pack up to bring back with you, any leave taking you would like to take… maybe even stopping for a moment to offer some gratitude to this space for what it has been able to offer to you today, know that this space remains available to you anytime in the future you ever need it. Just by imaging this space in your mind, noticing the feelings what it feels like to image yourself there, by reminding yourself of the title of this space, you can come back here anytime you need.

And then whenever it feels reasonable, however it feels reasonable, I’d like you to begin to make your way back to the room where you are, again noticing that you are breathing, noticing the touchpoints of the body where you are seated, and noticing your feet on the ground or in your sock or shoes or where your feet are in space. And as you are ready, if you haven’t already, you can begin to let your eyes flutter open, and bring yourself back fully oriented back to the room where you are and back here with me. -check in and debrief with client as you like. Ask if they would like to share the title of this space for help with reminder in the future.

\*\* Note-

Take what you like and leave the rest. For many reasons this might not work for every single client out there- or for you. **Take care of the client in front of you**, it is why we have so many phase 2 options, this might not be one for all clients. Feel free to modify as you see fit- PLEASE modify to best fit the client you have in front of you. I developed this over time, after training with Kristie Trahan, Mara Tesler Stein, Jamie Marich, Robin Shapiro, and possibly other colleagues, teachers, or mentors I have forgotten. It is a combination of several other already in use phase 2 strategies, I offer no false notion that I own this at all, but I have attempted my own humble re-interpretation of the style of the art of others. I hope you find this useful.