Questions around adding more creative visualization and other types of meditation at the end of class including guided journey to landscape the individual decides upon, or introducing a poem or piece of writing, song lyrics, affirmations at the end of class.

Could one guide - a walk to your favorite place, without mentioning any specific place, your favorite time of the day, your favorite smell, and so on… ?

*it's better to give a suggestion of a place like the beach then to have trauma survivors imagine a place because their minds are regularly drawn back to the place of trauma. You may also consider that some folks traumas have occured on the most beautiful spring day when everything seemed to be going just right. Give two or three suggestions of places as a help and then add the freedom for folks to design those places into the perfect scenes for them using all their senses.*

Make sure to let folks know how long the meditation is expected to be and stay within that frame. You may want to say 7-8 minutes or give a larger range if you are not sure. Practice different length meditations so you know yourself and style and have short, medium and long forms.

As you advance as graduates and get the basics of your trauma sensitive teaching more secure there can be room to become experimental IF trust has been established AND folks FULLY believe that they can make ANY choice and you CELEBRATE their choosing. That means when someone says I don’t want to do this. I prefer to move/sway, I want to focus on my breath or whatever they choose, you get EXCITED about that because they are tuning into what feels right for them (a MEGA step for most trauma survivors) and making CHOICE. ***This is the project and the practice.***

***…………..***

So, for instance, this is the script I would use for the favorite place meditation:

Take some time to come into a comfortable position, exploring what that means for you today. ANY choice you make is Celebrated, AND you can change your choice at anytime. You may want to try laying down on your back or laying on your stomach or in a curled up position, leaning up against a wall seated or standing, standing without a wall or sitting in a chair. Take a moment to look inside and listen for clues about what might feel comforting and supportive for you TODAY. If you’re in a chair, consider the ways you might position yourself that could increase your comfort, perhaps leaning back, another chair in front to rest your legs, a wider stance, or a cushion on your lap you could drop your head into. Consider alterations like these in any position seated or standing.

You may want to find stillness, OR you may find that some rocking or gentle swaying supports you in your comfort. Either is okay. You can change your choice and your position at any time.

Consider now how you want your eyes to be. Would you like to close them, keep them at a soft gaze, find something comforting to gaze at or move between all options. If you’ve chosen to close your eyes, remember, you can open them at any time. We celebrate choice and your ability to choose what’s right for your body is what matters most.

I’m going to walk you through a short guided meditation where I will invite you to bring yourself on a walk through an environment which feels alive and supportive for you and which you could use as a resource to bring ease into your senses. We will be here for about ten minutes. If anything feels overwhelming at anytime, know that you can come back here to this moment by opening your eyes and feeling into the feeling of your body in this space. Open your eyes, touch a hand to the chest, bring your mind to any place in you that feels comfort and ease or even neutral. This is always my invitation.

Settling in now, check in with your body and see if there is a place it has been or imagines it would like to be that is filled with comfort. This could be a sandy beach, a bean bag chair, or the top of a mountain, it might even be a club or city street. There are no right or wrong answers, only what feels right in YOUR body. Check in now as the place is coming to you and see if you can feel into how you know in your body that this feels good to you. Does something shift, soften? What are the signs? If it’s not feeling good, open your eyes and choose another place or the feelings of comfort in the current moment, the body softening into the support of the floor or chair or a pleasant color in the room.

If you’ve found your imagined place of comfort, begin to check in and see if you can discover more about this place. The temperature is your favorite most comfortable temperature. Feel what that is for you. The light is exactly as you like light. Everything about this place feels just right as if it’s been designed for you. Just the exact right amount of people you like around are around, that could be any amount from none to a big crowd. Feel that feeling of being in right space sharing. And remember if this visualization isn’t feeling good for you in any way, feel free to open your eyes, sway, change position.

The smells are your favorites, your favorite food, perfume, nature small. Can you sense them in your body? How do they make you feel? Does your body move or shift in smelling them? How about the sounds? You hear only your favorite sounds, music, people, nature. What do you hear and how does hearing your favorite sounds resonate in your system?

How do you know you feel good? Is there anything you could change in your imagination to make it fit even more the way you like things?

Take a few more breaths here and then slowly open your eyes if they were closed and reorient yourself to the room by looking around before coming back to our shared space together.