

Close your eyes

Give yourself room to relax. Set your feet firmly to the ground. Feel your muscles relax. Feel your muscles relax. Feel your arms heavy on your legs or ... Feel your body weight on the chair. Feel how much of your body is in contact with the chair.

Now allow yourself to follow your breath. Follow your breath that you slowly inhale. Feel how your lungs inflate. Take notice how your chest goes up and down.

And now allow yourself to make an imaginary journey.

Place yourself into a landscape where you like to be, a landscape where you like to wander. May be you can see meadows, fields or a forest. May be you can hear a creek or a small river splattering. Feel the warm breeze on your skin. May be you can smell the odours of the plants you like most.

After a while you recognize a path, just a small way leading up the hill. And you slowly start to walk, slowly ascending up this hill. Step by step.

Then you notice the weight of a rucksack on your back. It is a little bit heavy and you can feel the belts on your shoulder. And then you ask yourself what is in this rucksack of your own and why this rucksack weights so heavy on your back?

And again you notice: it is filled with a lot of small packages. The packages are filled with your pain, your sorrow. And you can feel this as a weight on your back, while you are working up the hill.

You continue to ascend up this path with this heavy rucksack, this heavy load on your back and on the top of the hill you recognize a tall old tree. And you come closer and you can see the details of the tree – a massive trunk, setting on sturdy, strong roots. Its wide and stony branches and its smaller branches are swaying in the wind. Its green leaves, giving shade, inviting you to take a rest, inviting you to put your heavy rucksack down for a while and to sit down and to have a rest in this cool shade of the tree.

After a while you stand up to examine the tree a bit closer. And then you notice a small door in the trunk. And being curious you open the door and look inside.

To your surprise you notice, that the room behind the door is by no means dark. You can recognize something, something that will help you to carry your load, your rucksack. Can be an object, may be a person and as your eyes get accustomed to the light in the room you can recognize it clearer, with all details and you know that it will certainly help you to carry your rucksack.

And whatever you found, it will accompany you. And you go back to your rucksack grab it and put it on your back.

You start to descend down the path you just climbed. And you clearly notice a difference. And now give yourself the room to feel what the difference is. Is it lighter, or even heavier? Or is it just easier to carry? How do the belts on your shoulders feel, how is the weight? How does it feel to walk with it, to descend now?

And you walk along, and you can see the meadows or fields or the forest again, you can feel the breeze again and you reach the place where you started the journey.

And take your time and allow yourself to feel your breath again, to feel how you sit in your chair, to feel your feet on the ground. Take a deep breath, open your eyes and stretch yourself, stretch your arms, your legs and slowly come back to this room.

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