

Calming Visualisations

Meet Your Edge

Instructions

Guided by the content as described online, read the following instructions to lead this calming visualisation exercise.

Meet Your Edge has three meanings, so feel free to frame this exercise accordingly:

- A place of choice. The place before you leap. The point right before BIG and EXCITING change happens and possibilities reveal themselves.
- Your individuality. It's about asking yourself "Who am I? When push comes to shove, how do you show up? How do you show up when pushed to your edge of fear, responsibility, relationships, taking a risk or trying something new?"
- Perfect Imperfections: The parts of you that you deem unworthy and unacceptable and often get in the way - from the John Legend song "... all your curves and edges, all your perfect imperfections."

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Start settling into your body. Gently close your eyes or have a light gaze downward toward the floor.
- You can do this by sitting or lying down. Whichever you feel comfortable with.
- Take a moment to bring your awareness to your breath.
- No need to change it, but just notice it.
- Loosening up now, noticing if your jaw is clenched or any areas of the body seem tense. Just breathe into it and allow your body to relax.
- This is your time.
- There is nowhere to go and nothing to do but be here. Allowing whatever is coming up to come up. Notice it all and allow it to pass like clouds in the sky.
- Let's take a few deep breaths together. Inhaling for a count of 4 through your nose and exhaling through your mouth for a count of 4.
- We'll repeat this two more times.
- You are about to embark on an inner adventure.
- Focusing on the area between your eyes, this is the secret passageway to your inner adventure course and have now landed at the start of a narrow path, surrounded by trees and taking in the sunshine.
- You're walking on the path. Notice what the path looks like to you.
- You come across a large animal. How will you get past this animal knowing that your dreams and goals are on the other side?

- Remember you always have the opportunity to take a deep breath and ask what's possible.
- OK let's continue on the path.
- You come across a voice of self-doubt. It tells you you're never going to get through the path, It's never going to work and you might as well turn back.
- How do you get around this hurdle of doubt?
- We're going to continue on the path and all of a sudden you fall into a giant hole.
- It's a very deep hole. Notice what you're thinking. How are you going to get out of this hole and continue on your path.\
- Remember you always have the opportunity to take a deep breath and ask what's possible.
- We're getting towards the end and you know your best life is so close. But you're now met with the edge of the cliff. You see a deep cavern, but you know that at the bottom is your new adventure, your new and exciting reality.
- How will you get down?
- How are you going to overcome this final obstacle?
- (pause)
- Great job everybody.
- Taking two deep breaths now as we make our way back... coming back to the space that you're in wherever you are right now... notice your breathing... and feel the air as it comes into your body, becoming aware of your legs and maybe wiggling your fingers and toes a little.
- Shake out your hands a little.
- And when you're ready, you can open your eyes.

If desired and when ready, invite your group to reflect on their experience.

You could ask them to record these thoughts and feelings in a journals, or simply respond to a series of questions you pose, such as:

- What did your inner terrain look and feel like?
- What was the animal that you encountered?
- What did you visualise around your animal and getting around it?
- What was your inner critic like?
- How did you feel at the edge?
- Reflect on all that got in your way, now go back to how you want to feel? What's calling you?

Source

This guided meditation was inspired by Lisa Hughes.