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## **GUIDED IMAGERY 03 - IDEAS AND CREATIVITY**

Imagine that you are walking through a beautiful park. You hear around you the sounds of the city, the hustle and bustle. You see a bench in a secluded part of the park, which sits beneath a ray of sunlight. As you feel the warm breeze tickling your face, you close your eyes and focus your attention on the song of a nearby bird.

Other birds join in the song, and you feel yourself smiling. When you open your eyes, you see a magnificent parrot sitting next to you on the park bench. The parrot invites you to join him, perches on your shoulder and whispers in your ear about a secret path. As you follow the path, the park begins to change, and the colours around you come alive.

You feel that you have been transported into another dimension where everything is clear and perfectly in harmony. All the creatures communicate with one another in their special manner, and you are aware of the many things they are saying. As you continue onward, you feel that you're walking on air with the new knowledge you've obtained. At the end of the path are two portals. You choose one of them, and when you enter you meet a man and woman who seem to be twins. They are dressed alike in white, gold and yellow, and each of them wears a cape outlined in fiery orange colours.

The three of you walk arm in arm together, and your new friends tell you of their ideas. They have brought you to a bench and table, where you sit together. Suddenly people appear, bringing items and laying them on the table. There are books, papers, pens, devices you recognise and some you've never seen before. The woman snaps her fingers, and everything is magically transformed into a size which fits into a small satchel.

When you reach into the satchel, you simply think about what you want, and it appears there in your hands. Your experience in this magical space reminds you that you always have all the ideas you need and everything necessary to express them