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## **GUIDED IMAGERY 07 - TO RESOLVE RELATIONSHIPS**

Imagine that you are on a journey during autumn, when the colours are at their peak. You arrive at a place which is breathtaking, hillsides covered with all the brilliant colours which reflect into a lake. It is here that you decide to walk under the warm sun, just so you can hear the leaves rustling beneath your feet.

All the smells and sounds fill your heart with laughter. As the breezes blow gently around you, the leaves dance 'round your head and feet. From out of nowhere, you see a figure in the distance, walking toward you. You cannot help but go toward it, and as you draw closer together you see a radiantly beautiful woman dressed in rainbow pastel colours.

She gestures for you to come to her, and as you walk together, she tells you the story of a prince and princess who found true love. You wonder why she speaks in fairy tales, and, as though reading your thoughts, she says, "but this is your dream." She then looks into your eyes and tells you that you are creating your own story through your life.

Reaching into her bag, she removes a small mirror and tells you to look into it. When you do, you see yourself and all the relationships you've experienced over your lifetime. Then, as you look up, she tells you to look again and see how you would like to resolve your relationships. There the mirror displays the tale of your life, and you begin to find the answers to the peace you've sought.

You ask if you can see your perfect relationship in the mirror, and she smiles and says to you, "of course." But when you look, you see only your face, radiant and shining.