

Guided Imaging

The purpose of a guided imaging is to get the body relaxed and focused. The focus is used to create a pure moment of imagination. The ability to focus and imagine are central skills for an actor, and should be introduced as early in an actor's training as possible.

The Script:

Lay down on your back on a comfortable surface. Make sure your hands are on the floor and your palms are facing upwards. Your legs should also be on the floor, and your feet should be pointing outward a bit. (pause). Let a breath drop in. Feel it warm you up. Exhale slowly through your mouth. Each breath flows seamlessly in through the nose and out through the mouth. Keep breathing regularly. (pause) Focus on the parts of your body where you hold tension. Imaging the breath dropping into an area of tension. As you exhale, the tension flows out of your body with the breath. Find another tense area, and release the tension there, too. (pause)

Now focus your attention on your toes. Imagine your mind can move through your body to your toes. As it is there, you notice that your toes are getting heavy. The weight occurs because your toes are being turned to sand. As they are transformed, the sand trickles down to become a puddle on the floor. Your feet are slowly transformed to sand. Follow the flow of the sand with your mind.

The process of transformation slowly spreads up your legs. You can feel the sand spreading and gradually falling. (pause) It spreads through your ankles, and to your knees. Your knees are heavy, then they melt into a puddle, and the sand spreads up your legs. (pause) All parts of both legs are soft now, and very heavy. (pause)

The hips and stomach are becoming heavy. Feel a breath drop in, and feel the sand spreading in your torso. The top of your rib cage turns to sand, and you can feel the heaviness spread (pause). Use your mind to check for spots of tension and dissolve them with your breath. Feel them get warm and then trickle into the growing spread of sand. (pause)

The sand is ebbing and flowing around in your neck and shoulders. The ripples of sand gently massage knots and ease them away. Your neck and shoulders grow heavier with each breath. Imagine the slow change towards sand and follow the flow to the floor with your mind. (pause)

Feel the breath move around your scalp and loosen the skin. The breath warms the facial muscles and the jaw. (pause) With each breath that falls out, the tension in your face dissipates. (pause)

Check your body to be sure it is completely related. With your breath, relax any areas that still need your help. Breathe slowly and regularly. (pause)

Imagine that your mind is in the middle of your body and gathering into a ball. Picture what the ball looks like. Is it clear? Does it have a color? Does it glow? (pause) Feel the ball gradually, gently, floating up. Feel it leave your body carefully and rise above your body. With your mind, turn the bubble so you can look down at yourself. Notice how relaxed and at peace your body looks as you float gradually away from it. (pause) Allow your body to float slowly up and ease through the roof of the building or out a window. With increasing speed, fly the bubble around the area, looking down at places of interest. (pause).

Now I want you to imagine a place that is totally relaxing and safe. Think carefully about how this place looks, smells and feels. It is a place where you could be totally alone, yet completely happy. (pause) When the place is complete in your mind, fly your bubble there and sink it gradually into the environment (pause). Now that you have arrived, explore and revel in the beauty and tranquility of your special place. (long pause)

If you want to, you can let someone else into your place, but you don't have to. This place is perfect and it is completely under your control. Continue your exploration (long pause).

Now it is time to leave. Say your good-byes to the special place and let your bubble enclose you. (pause) Float slowly upwards as your bubble returns to the building where your body is. Enjoy the return journey and the feeling of peace. (pause) Now your bubble is right over your body. Imagine your breath sucking the bubble back into your body. With each breath, you are warming your body and becoming more fully connected with it. (pause)

When you are ready, roll over on your side and push yourself into sitting position.