



Guided Imagery Script

Short Guided Imagery Script – Grounding Tree

Close your eyes and take a calming breath in... and out.

Now imagine yourself standing barefoot in a quiet clearing.

In front of you stands a tall, ancient tree—strong, steady, deeply rooted.

You walk up and place your hand on its trunk.

You can feel its quiet strength... its calm, grounded energy.

Now imagine roots growing from the soles of your feet, reaching down into the earth.

Deeper and deeper, connecting you to the core of the planet.

You feel supported... anchored... safe.

As you breathe, let the energy of the earth rise through your roots,

filling your body with stability, calm, and presence.

You are grounded. You are here. You are steady, no matter what.

Take one more breath... and gently return to your space, bringing that rooted strength with you.



Guided Imagery Scripts

Max Highstein



Guided Imagery Scripts:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Guided Imagery Scripts** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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