

GUIDED IMAGINING TO MEET YOUR CAPTAIN

Context before visualization:

The Captain is your internal leader, a visionary who is in command and leads all parts of your self towards the fullest expression of your life purpose.

The key attributes of your Captain are: **Wisdom, Benevolence, Certainty and Clarity, and Courage.** The Captain has access to all the wisdom that ever was, has been there and back, and knows that it turns out all right. Your captain loves you completely and unconditionally and no matter what happens, holds you tenderly with gentleness, infinite compassion, and heart. Your Captain believes in you completely and without question, is grounded and can see quickly what is needed and how best to move forward. Your Captain is fearless and relentless in pursuit of the very best for you. Your Captain's will is unshakable, dedicated and unwavering.

The Captain has always been part of you and is eager to be available to you.

If you haven't already, find a comfortable position so you can relax and take a short journey to meet your Captain. Take a deep breath, as you release that breath let yourself relax.

Notice where you might be tense... breathe into that place and let that tension go on the exhale and relax.....

Another breath now, letting go..... As you relax, let your imagination go..... let it take you to a place in your imagination that is completely safe..... just make it up, sense it or see it. It is all fine..... (pause)

As you imagine this place...look around. What do you notice? Whatever you see, imagine or sense is just fine. Wherever you are, notice what is around you. Sense or see the details... take in the colors, the sounds..... you might want to touch something.... What are the smells here? Let it all come so alive you can almost taste it. (pause)

As you walk around and get to know this safe place, you hear the sound of someone approaching.....there is a sense of excitement in the air. You are about to meet someone special.....and now... they come into view.....Your Captain walks toward you, eager to meet you too.

As they approach, notice... (allow enough time for answers)

What do they look like? What stands out about them? What's it like being with them?

This is the Leader within you... your Inner Authority... Your Captain...Greet each other. What it like? Notice what is here. What does the energy of your Captain feel like? They have always been here and now you have access to each other in a new way.

Now, Find a place in this safe place to be with each other for a conversation... sit down and get comfortable... or you might go on a walk together or look out at the view.... find a place to have a conversation with your Captain.

Ask them the following questions and listen carefully for their answers:

What is important for me to know about you? (pause)

What do you want for me? (pause)

What do you know about my Life Purpose? (pause)

How can I connect easily with your wisdom and strength? (pause)

Lastly, What is your name? (pause)

Notice, they have a gift for you. Receive their gift. What is it? What do you notice about it? Ask them What would you like me to know about this gift? (pause)

Thank each other... knowing you can be with your Captain any time you choose. They are here for you to support you in your journey of living your life purpose.

Now, take a deep breath, breathing in this experience, remembering what you need to remember. Another breath, returning to this space and time.... another deep breath. Open your eyes, stretch, move your body a little.

Maintaining silence, take a few notes about this experience.