

Emergency hide out part II

Hello again! Thank you for inviting me in your special retreat! On the first part, we built together a secret hideout as much protective as possible of the outside world. This time around, I will guide you through an imaginary journey. I will try to make you forget the world around for few minutes so you can connect with your inner world.

I hope you're comfy and feel secure in your nest. Feel free to readjust during the listening but try to limit as much as possible the movements unless I ask you to.

Alright it's time now to dive into yourself. Close your eyes and concentrate on your breath. Let's try to slow it down. Deep breathe in and breathe out slowly. Breath in. And breathe out slowly. One more time, Breath in and out slowly. You can imagine your breath as a continuous wave. Continue to breathe that way for few more seconds and try to focus on the sensations that comes with.

Do you feel how your belly expand? How your ribs spread?

When you breathe out, do you feel how your shoulders relax? Do you feel the subtle caress of your clothes against your skin with every movement of your thorax?

Let's continue to breathe that way until the end of the journey.

Now, I would like you to move very softly one of your hands. Wiggle your fingers with tiny, tiny movements. Continue to wiggle your fingers.

In a second, I will ask you to move your hand in a single movement to put it on a part of your skin somewhere on your body that is denuded. It can be on your neck, on the top of your other hand, on your belly, or your forehead... wherever you thought about immediately when I mentioned it. I will ask you as well to not rest your hand on your skin but instead to delicately effloresce your skin with your finger tips.

Are you ready? So breathe in and in a breath out move your hand.

Now, I would like you to caress your skin ever so gently with your finger tips. Concentrate on the warmth of your fingers. Can you feel some tingling sensations? Do those sensations propagate further in your body? I let you explore those sensations for few seconds with the sound of our breath.

While continuing that soothing movement, I would like you to visualise a warm colour or what would be a warm colour for you. Let that colour intensify more and more to the point that you feel immersed into it. Your mind is now floating in the immensity. Deep breath in and breath out in a sigh. Enjoy for few seconds the warm sensation coming from the colour you visualise.

The colour starts now to be crisper and crisper to the point that it disappears in a sort of fondu enchaîné to become a beautiful and peaceful landscape.

Try to imagine the colour of the sky, try to feel on the sole of your feet the texture of the ground. Is it some fresh grass? Or maybe humus? Are you standing or sitting on sand?

Maybe you can pick up a faint scent in the air. Like a flower. Or maybe it is the perfume of your favourite dish? Can you include in your landscape the image of the object that originate the smell?

I would like you to concentrate on the left side of your body. You start to feel a warm sensation as if a warm object was coming closer to you. It is a comforting warmth that brings into you even more peace. The object emanating the warmth is getting closer to you, to the point that you can feel your left shoulder touching it. It is not a hard touch but whereas a soft, cushiony, almost springy touch. That sensation spread into your all left arm as you can feel the object coming closer to you.

Turn your head slowly to the left to see what is touching you. You discover that it is actually someone. You recognise that person. It is actually someone that is close to your heart and that you haven't seen for a long time.

Take a moment to visualise the contour of their face, the shape of their eyes and their colour. Do you see that small detail of their anatomy that belongs only to them?

Maybe you want to whisper something to them, the first thing that comes in your mind.

Imagine that that person is now moving to be in front of you. They delicately take your hands in theirs. You can feel the warmth and the gentle squeeze from their hands. You can feel waves of warmth radiating in your all body from that contact. It brings you in a peaceful and fulfilled state of mind.

Dig your eyes in the eyes of your loved one and whisper them something else before letting them go.

If it's not already the case, relax your all body in a comfortable position.

Imagine the landscape fading out in the warm colour from the beginning.

You come back slowly to the reality.

Notice the sounds surrounding you.

Notice if you can smell anything.

Take a last deep breath in and breath out a big sigh.

Maybe you feel you need to stretch your whole body like a cat? If so, please do!

It's time for me to leave you. Stay where you are as long as you feel you need it. And once you'll be ready, emerge from your nest with a lighter brain and a full heart.

Have a wonderful rest of the week. See you soon!