



Follow Your Inner – Guidance

How can I use my imagination to connect to the inner guidance?

Many times I hear from people that they are "not good" at meditations, that they can not relax and that they probably will not succeed because they "do not know how to see".

Let's start with the fact that meditation is a beautiful word with lots of possibilities, but I prefer the world of imagination as a tool for relaxation and receiving messages.

Our brain is used to working, thinking, calculating. When you tell him to be quiet for a few minutes he is not used to it and that's fine.

But when I ask him to imagine something he will not be able to think about the shopping, the arrangements, the conversation with the boss.

Here are some tips for successful guided imagery:

- Allow yourself to find a convenient time for the process during the day (not when you are tired, stressed, about to fall asleep).
- Even 10 minutes are enough to recharge.
- Find a comfortable place without interruptions (without the children coming in, phones ringing, etc.).
- Be sure to take deep breaths at first to concentrate only on them and not our usual distractions.
- Use written or recorded guided imagery that will guide you to where you want to go. In this way one does not have to invent or think and there is a voice to cling to.
- Agree to give your imagination a place. There is no right and wrong, anything is possible.
Remember, no one sense is more important than the other when it comes to imagination. Sometimes we can see things, sometimes we can hear, maybe smell, experience in our body. Sometimes the senses will not be clear at all and we will just have knowledge.
- The more we practice the processes, the sharper the senses will be and the peace we will reach will allow the information to rise.
- Enjoy what comes up and do not look for logic, rationale or order. This is how it is when you have fun.