Care and Nurture

Imagery for Care and Nurture

This imagery is designed to facilitate the development and introjection of a direct experience of care and nurture.

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Script

Allow yourself to be comfortable...either lying down or sitting up -- with your back, neck and spine fully supported. Knowing that you will not be interrupted for the next little while, begin by gently closing your eyes.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

Now begin to bring your attention to your breath -- the direct experience of your breath -- however it is...and however it changes. Allow yourself to softly focus your awareness on the breath that is arising right now...the in-breath and the out-breath...the rising and the falling. If you can, try to follow one full cycle of the breath -- from the beginning of the in-breath, through its entirety...the beginning of the out-breath through its entirety. Allowing yourself the time and the space to be in direct contact with the breath throughout one entire cycle.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

As you continue to pay attention to the breath, you may notice distractions that arise. Just allow yourself to notice...those distractions...any bodily sensations...any thoughts that may arise. If possible, allow yourself to become aware of the separateness of those bodily sensations -- notice how those sensations are separate -- distinct from your thoughts, your ideas and your words.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

Now, as you continue with this focused awareness, you may notice how often you lose contact with the breath...maybe you become caught in a thought or an idea or plan or maybe some other bodily sensation has pulled your attention. ...When this happens, simply notice that you have lost connection with the breath . . . and . . . gently . . . bring your awareness back to the breath.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

We'll begin now with a deep breath in through your nose...inhaling slowly and deeply. Exhale through pursed lips until all the air has been released.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

Now we are going to be creating a container. It doesn't matter what kind of container it is, as long as it can hold "any and all disturbing material". If you were going to develop something like that, what kind of container would it be? Some people have used boxes, safes, trunks or chests, others have used book bags, knapsacks or other pieces of luggage. It can be anything

really, a tank, a submarine, an underground well...anything that suits you.

[Instruction] Breathe audibly with the exhalation longer than the inhalation

Now I would like you to bring to mind a time when you felt cared for...a time when someone tended to your needs...someone took care of you...made sure that you were alright. If a particular incident or person doesn't immediately come to mind, allow yourself to imagine such an incident. Allow the incident -- real or imagined -- to take shape. Bring into focus the image of the person who is caring for you.

[Pause — 10 seconds]

What does this person look like? Now, look into this person's eyes...what do you see? Are there other features that stand out?...features that make you feel cared for and bring comfort to you? Perhaps a smile ...or soft voice...a gentle touch...whatever it is that brings you comfort from this person . . . allow that to happen now.

[Pause — 10 seconds]

[Instruction] Breathe audibly with the exhalation longer than the inhalation

As you continue to allow this person to care for you in a way that brings you comfort, begin to notice any emotions that you may feel ...just notice your response to the gentle care this person continues to offer...

[Pause — 10 seconds]

[Instruction] Breathe audibly with the exhalation longer than the inhalation

Allow the feelings of comfort to spread, noticing all of the sensations in your body...as this person who cares for you very deeply...stays with you...comforting and supporting you in a way that is perfect for you.

[Pause — 10 seconds]

[Instruction] Breathe audibly with the exhalation longer than the inhalation

This person will stay with you for as long as you would like. Continue to breathe in the support all around you. And know that, at any time, you can return to this caring person whenever you feel like it....

[Instruction] Breathe audibly with the exhalation longer than the inhalation

And, when you are ready, gently bring yourself back to the room by counting up from one to

five. When you reach the number five, your eyes will gently open. You will be awake and alert, and feeling only peace. One....Two....Three. Take a deep breath....Four....And five.

"Care and Nurture" by Linda Curran

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