The Spiritual Entity

Imagery for Connecting with a Spiritual Attachment Figure

Estimated Time: 15 minutes

This imagery facilitates connection with a spiritual figure who already functions as an attachment figure -- a source of unconditional regard, protection, and comfort. For many people, figures such as Jesus, Quan Yin, Tara, God the Father, the Blessed Mother, or other spiritual beings already hold the qualities of the secure base: they are perceived as reliably present, non-abandoning, and attuned. This script deepens that connection and helps the person borrow and embody the figure's qualities.

Clinical Note:
This script is appropriate for anyone who identifies a spiritual figure as a source of comfort. It is not prescriptive about which figure -- the person chooses. If no spiritual figure resonates, redirect to the Wise Self or Compassionate Being scripts instead.

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Script

[Instruction] This script works with whatever spiritual tradition -- or none -- feels true for the person. The figure may be from an organized religion, an indigenous tradition, a personal spiritual practice, or simply a felt sense of something larger. Do not suggest specific figures. Let the person find their own.

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

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 I would like you to bring to mind a spiritual figure -- a being from your faith, your tradition, or your own inner knowing -- who represents something larger than yourself. This is a being you have turned to before, or one you sense has been present even when you did not call. It may have a name. It may have a face. Or it may simply be a presence -- a warmth, a light, a quality of being held by something vast and kind.

[Pause — 15 seconds]

When you have a sense of this being, allow it to be here with you now. Not far away. Not above. Here. Close enough that you could reach out and touch it, if it had a form to touch. Close enough that you can feel its attention on you -- not watching, not judging, but attending. The way a parent attends to a sleeping child. The way the sun attends to the earth -- without effort, without condition.

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

Now begin to notice the qualities of this being. What is it about this figure that makes you feel safe? Is it steadiness? Is it the sense that this being has never left and will never leave? Is it compassion -- the kind that does not need you to be different than you are? Is it power -- not power over, but power with? The kind of strength that does not need to prove itself?

[Pause — 15 seconds]

Of all the qualities you notice, let one come forward. The one you need most right now. Name it to yourself.

[Pause — 5 seconds]

Now imagine that this quality begins to flow from the being toward you. Not as an idea. As a felt experience. Perhaps it enters through the crown of your head, or through your heart, or through the palms of your hands. However it arrives, let it in. You are not taking anything from this being -- its qualities are not diminished by sharing them. This is what spiritual figures do. They give without losing.

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

Feel yourself becoming, even slightly, more like this being in that one quality. Not performing it. Not pretending. Actually feeling it settle into your body -- into your posture, your breath, the set of your shoulders, the expression behind your closed eyes. This is not imitation. This is what happens when you spend time in the presence of something holy. You absorb what it is.

[Pause — 20 seconds]

This quality was always available to you. This being has been offering it -- perhaps for years, perhaps for your entire life. Today you are simply receiving what was already being given.

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

Before you leave, take a moment to simply be in the presence of this being. You do not need to ask for anything. You do not need to say anything. Just be here, the way you might sit quietly with someone who loves you and has nowhere else to be.

[Pause — 15 seconds]

> 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.

[Instruction] Allow the person to sit quietly. Some people will be moved. Some will be quiet. Both are appropriate.

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