

72 TREASURE CHEST

In this colorful guided fantasy participants discover a treasure chest containing a "gift" they need.

GOALS

- 1) To synthesize and "own" what has been learned during the session.

GROUP SIZE

Unlimited

TIME FRAME

15-20 minutes

PROCESS

- 1) The trainer invites participants to experience a guided fantasy that will provide a relaxing wrap-up to any segment of a session or course. She reads the "Treasure Chest Fantasy" script, customizing the instructions to fit the group situation and course content to be highlighted.

Note: Before beginning the "fantasy, the trainer will need to decide what "gift" she wants participants to discover in the treasure chest. The "gift" can be related to the overall goals of the course (eg, the gift of what you need to manage your stress better) or it can be tied to the specific topic of this session (eg, the gift of relaxation or assertiveness or a positive outlook, etc).

- 2) Participants pair up and describe the "gifts" they discovered. (5 minutes)

TRAINER'S NOTES

Submitted by J J Cochran

Treasure Chest Fantasy

Put your feet flat on the floor . . . scoot your seat against the back of the chair . . . place your hands comfortably in your lap.

Take a deep breath . . . let it go . . . take another deep breath . . . let it go . . . take another deep breath . . . close your eyes . . . let your body relax . . . allow yourself to breathe deeply and heavily . . . as you inhale, inhale relaxation . . . as you exhale, exhale tension . . . Allow yourself to be calm and relaxed.

Now imagine yourself in a field of red . . . run through the field of red . . . see the poppies . . . see the cardinals . . . Allow yourself to experience red.

Note: Let people experience "red" for about 45 seconds.

Then go into a field of orange . . . allow yourself to experience orange . . . see the oranges . . . see the orange flowers . . . Allow yourself the experience of the field of orange . . . allow yourself to smell it . . . What does it taste like?

Note: Again wait for approximately 45 seconds.

Now imagine yourself in a field of yellow. See the yellow flowers . . . see the daisies and daffodils . . . see the canaries . . . and anything else yellow . . . Totally experience yellow . . . What does it sound like? . . . What does it feel like? . . . Immerse yourself in yellow.

Note: Wait 45 seconds.

Then go into a field of green . . . experience the incredible number of shades of green . . . Let the green surround you . . . experience the field of green.

Note: Wait 45 seconds.

Imagine yourself in a field of blue, sky blue . . . allow yourself to relax in blue . . . see the blue flowers . . . breathe in the blueness . . . Experience what blue feels like.

Note: Wait 45 seconds.

Now imagine a field of dark blue, indigo . . . see the bluebirds . . . see the blueberries . . . surround yourself with that dark blue . . . Allow that dark blue to surround you . . . What does it taste like? . . . What does it smell like?

Note: Wait 45 seconds.

Then imagine yourself in a field of purple, deep royal purple . . . see the violets . . . see the other purple flowers . . . Let yourself experience the purple . . . what it feels like . . . what it sounds like . . . what it tastes like.

Note: Wait 45 seconds.

Now imagine that all the colors become one and turn into a white light surrounding you . . . let the white light penetrate and envelope you.

Now you notice you're on a path in a forest . . . allow yourself to walk through the forest . . . until you become aware that you're coming to a clearing . . . There's a pond in the clearing . . . by the pond is your favorite tree . . . Let yourself sit by the tree . . . and think about (the topic).

Note: Insert a topic relevant to the course such as "stress," "relationships," "humor," "worrying," "grief," "health," "coping," etc.

The pond is clear and deep . . . you can see the bottom . . . and you notice a chest is at the bottom of the pond . . .

Now imagine yourself -- even if you can't swim, it's okay, you're safe . . . just imagine yourself diving into the pond and bringing up the treasure chest . . . bring it back over to where you are by the tree.

In just a minute, I'll ask you to open the treasure chest . . . Inside there will be a gift regarding (the chosen topic) . . . The gift will be a word . . . or a picture . . . or a thought . . . or a presence . . . Don't try to make anything happen . . . just let it come to you . . . if you don't get something during this process . . . just let that be okay . . . it will come to you later on today . . . or in your sleep.

Now, open the box . . . and see what gift is inside . . . and let the gift talk to you . . . telling you what it is for and what it means.

Note: Wait approximately 30 seconds.

If you have any questions, ask the gift now.

Note: Wait approximately 30 seconds.

Now you have a choice . . . In just a minute, I'll ask you to do one of two things . . . You can either close the box and put it back in the water . . . or . . . you can put your hands out in front of you . . . and imagine the treasure chest shrinking . . . shrinking small enough to fit into your hands . . . Then imagine opening your heart . . . and putting the treasure chest inside your heart for safe-keeping . . . Do one of those right now.

Note: Wait 30 seconds.

Now, get up and start walking along the path . . . and count from 1 to 5 . . . when you get to 5, you'll be back in this room.