

## Guided Imagery Essay – Journal One

The point of this exercise is to write about yourself having an imaginary adventure while going on a walk – follow the directions given, but be as creative as you wish. At least one paragraph of your essay should be devoted to answering each numbered cue below, but the final form should be one long story. Try to include as much detail as possible. For this assignment, it is most important that you be as imaginative as you can be.

1. You are standing in a meadow. In the distance you see a forest. You feel compelled to go into the forest. Describe all you experience in vivid sensory detail. What is the forest like? What kind of vegetation is in the forest? Are there any animals? Is there water? Rocks? Anything else? What do you see, hear, taste, smell, feel?
2. You find a path in the forest. Describe it. Is it straight, crooked, smooth, winding? Are there any obstacles? Where might it be leading you?
3. Along the path you find a key. Describe it and say what you do with it. Do you keep it, throw it away, use it for some purpose now or later on?
4. Also along this path, you find an object that would appear to be some kind of goblet or mug. Describe it and say what you do with it.
5. Resuming the walk through the forest, you come to a body of water. Describe it. Do you enter it? Do you drink from it? Do you jump in, or test the water first? Is there aquatic life in the body of water?
6. Continue along the path. In the distance you see a wall that cuts across the path you are on. Describe it. Do you cross to the other side?
7. Beyond the wall is a hill. Describe it. Is it steep? Do you climb it? Is there anything else on the other side of the wall? Are there people there? Do you go there? Do you interact with people there?