

## Guided Imaging to Meet Your Captain

Your Captain is your inner leader, that part inside of you that is clear and knowing. He or she is always in command and leads all parts of yourself towards the fullest expression of your Life Purpose. Your Captain knows that your life is as it should be in this moment and at the same time holds the paradox of wanting more for you. This part of you knows your strengths, talents, gifts and your limitations and has room for all of you. Your Captain believes in you completely and no matter what, he or she holds you tenderly with gentleness, compassion and infinite patience.

Your Captain has always been there waiting to meet you and is always available.

Find a comfortable position so you can relax and take a short journey to meet your Captain. Take a deep breath, as you release that breath let yourself relax. Notice where you might be tense and breathe into that place and let that tension go and relax.

Take another breath now, letting go and now let your imagination go... let it take you to a place in nature where you feel safe... just make it up, sense it or see it. It is all fine.

As you imagine this place... look around. Is it flat? Hilly? A forest? A meadow? Whatever you see, imagine or sense is just fine. Notice the time of day... it might be your favorite time of day. What is the light like at this time of day? Notice the sounds... Is there wind in the trees or bird sounds... Maybe there is the sound of water nearby. Touch something, the bark of a tree, the smoothness of a leaf, the silk of the grasses... Touch something. What is it like? What is the smell of this place? Is it that loamy earth smell, or the smell of a nearby beach, or what ever smell that comes to your imagination. Let it all come so alive you can almost taste it.

As you walk around and get to know this safe place, you hear the sound of someone approaching, maybe the crack of a twig, or the rustle of leaves... There is the sense of excitement. You are about to meet someone special... and now they come into view... your Captain walks toward you, eager to meet you.

As they approach,

- What do they look like? Is their hair short or long, dark or light?
- Notice what they are wearing, what is their particular style?
- Look into their eyes as they get closer, what do you see?
- Sink into the energy of it. What does the energy feel like?

Greet each other in whatever way feels right to you. What does it feel like? Notice what is here... Just a noticing. Your Captain has always been with you and now you have access to each other in a new way.

Now, find a spot in this safe place to be with each other for a conversation... sit down and get comfortable or you might go on a walk together or look out at the view... find a place to have a conversation with your Captain.

Ask them: (Give enough time for each question — 20-30 second pause after each)

- What is your job description? (Short Pause)
- What do you love about your job? (Short Pause)
- What is important for me to know about you? (Short Pause)

- What do you want for me? (Short Pause)
- What do I need to know about my Life Purpose? (Short Pause)
- What is the special name I should use for you? (Short Pause)

As the conversation draws to a close, notice that your Captain has a gift for you. Receive their gift. Notice what it is. Ask them if there is anything you should know about this gift. (Pause).

Thank each other, knowing you can be with your Captain any time you choose. They are here for you to support you in your journey of transformational change.

Now, take a deep breath, breathing in this experience, remembering what you need to remember. Another breath, returning to this space and time, another deep breath. Open your eyes, stretch, move your body a little.

When you open your eyes, please remain silent and jot down things you want to remember about your journey.