

# Guided Imagery Forest Path Script for Relaxation – by Blake Flannery

## **Why Imagine a Forest for Relaxation?**

Natural environments are calming for many people, so using a guided imagery forest script is an excellent way to reduce stress. The protected feeling of being underneath a canopy of trees allows the participant to feel in control of what happens in the forest, and may offer them a sense of comfort and peace. Progressive muscle relaxation can also be used to help rid the body of any tension.

The challenging part of imagery is relaxing. This is easier said than done. Take a few moments and use some deep breathing exercises to prepare.

When reading a script, read it with a slow, even, and calm tone. Take a couple seconds to pause between each description to allow time for the mind to paint the picture in detail. The more details, the better. These details will guide the imagination while encouraging some freedom for creativity.

## **A Walk Through the Forest**

This script will take you down a path through a forest. You can close your eyes and let your imagination fill in all the details as you are guided down the path. The path may look familiar to you, or it may be somewhere you have never been.

## **Guided Imagery Forest Script**

Close your eyes and imagine that you are standing at the edge of a field. You see a tree line where a forest begins only a few yards away. Just on the other side of the tree line, you see a trail, so you walk out of the field towards the path and enter into the woods.

The light in the forest cascades down through the leaves in a soft spray of light. The layers of forest have various textures. The lower undergrowth is soft and green. There are ferns, moss, and small growths reaching towards the light.

The upper canopy of the trees covers you like a stained glass roof overhead. The light green leaves against the light blue and white sky create a soft, glowing, ambient light. The light is gentle and soothing.

The path you are walking upon winds down a slight hill and curves. It's well-trodden, and you continue to follow it. The path is a combination of soil, roots, and small plants, and it is easy to walk upon.

Once you round the corner, you see a stream. You continue toward it, admiring the large trees and the different types of bark on each tree trunk. Some trees have rough bark, and some have smooth bark; some have light bark, and others dark.

As you near the stream, you can hear the rippling water sounds getting louder in a constant rhythm. You see the rocks just under the surface of the water; the water swirls around some and pours over others.

You decide to sit upon a large tree that has fallen over, and you slip your shoes off and dip your bare feet in the stream. The water is very cold, but it instantly soothes your feet. As you adjust to the cold, you notice that the water is swirling around and over your feet. As the water massages your feet, you can hear birds chirping.

There are several different birds sounding. You can also hear the breeze fluttering through the leaves on the trees. You close your eyes and enjoy the sounds.

After you rest for a while, enjoying your surroundings, you decide that you are ready to leave. You grab your shoes, put each one on, and step to the dry bank of the stream. You see the path that brought you here and start back up the hill and around the bend.

As you walk back, many of the trees seem familiar. You see the bright entrance to your path up ahead. As you approach the entrance, you stop and linger. You turn around and look down the path, taking note of what you are seeing and hearing. You can visit this special place any time you'd like in your mind.

Finally, you exit the forest, and find yourself in a bright field. You open your eyes and return to your awareness.