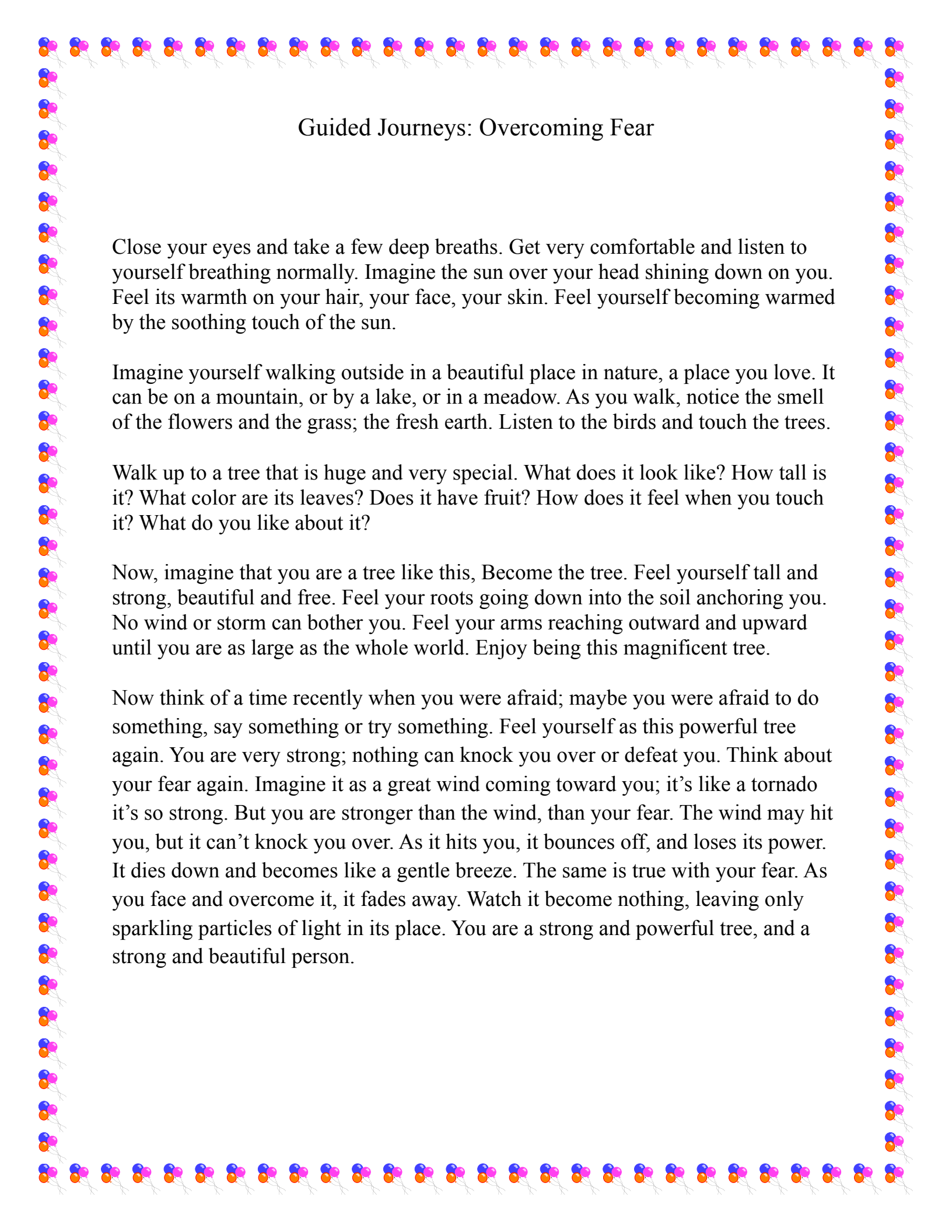


A decorative border of colorful balloons (blue, pink, orange) with white strings, arranged in a rectangular frame around the text.

Guided Journeys: Overcoming Fear

Close your eyes and take a few deep breaths. Get very comfortable and listen to yourself breathing normally. Imagine the sun over your head shining down on you. Feel its warmth on your hair, your face, your skin. Feel yourself becoming warmed by the soothing touch of the sun.

Imagine yourself walking outside in a beautiful place in nature, a place you love. It can be on a mountain, or by a lake, or in a meadow. As you walk, notice the smell of the flowers and the grass; the fresh earth. Listen to the birds and touch the trees.

Walk up to a tree that is huge and very special. What does it look like? How tall is it? What color are its leaves? Does it have fruit? How does it feel when you touch it? What do you like about it?

Now, imagine that you are a tree like this, Become the tree. Feel yourself tall and strong, beautiful and free. Feel your roots going down into the soil anchoring you. No wind or storm can bother you. Feel your arms reaching outward and upward until you are as large as the whole world. Enjoy being this magnificent tree.

Now think of a time recently when you were afraid; maybe you were afraid to do something, say something or try something. Feel yourself as this powerful tree again. You are very strong; nothing can knock you over or defeat you. Think about your fear again. Imagine it as a great wind coming toward you; it's like a tornado it's so strong. But you are stronger than the wind, than your fear. The wind may hit you, but it can't knock you over. As it hits you, it bounces off, and loses its power. It dies down and becomes like a gentle breeze. The same is true with your fear. As you face and overcome it, it fades away. Watch it become nothing, leaving only sparkling particles of light in its place. You are a strong and powerful tree, and a strong and beautiful person.