



The Faran Center

“USE YOUR MIND TO HEAL YOUR BODY,
BY CONTACTING YOUR DEEPER SELF”

-Dr. Francis X. Clifton



IMAGINAL EXERCISES

The following imaginal exercises, if performed daily, will relieve emotional stress and strain within your life. You will see that your life becomes more full and depthful. Each exercise is begun by closing your eyes and breathing in an even and regular manner. You are breathing in through your nose and breathing out long slow exhalations through your mouth. You are breathing out a gray smoke. As you breathe in this blue-golden light you know that you are breathing in all that is pure and breathing out all that is impure. And as you do so, you find yourself counting backwards from 3 to 1 with each exhalation and upon reaching 1 you are ready to begin.

EXERCISE I :: *“a lake of peace”*

The first exercise is called “A LAKE OF PEACE.” You, now with your eyes closed, after already counting backward from 3 to 1, see yourself sitting on a bench looking into a lake. You see how the water is chaotic. There are waves. There are whirlpools. There are ripples and rapids. You try to see your face reflected in this water, and the direction of your face goes every which way. And now, with each long and slow exhalation, you see the water becoming more and more peaceful. You see the waves subsiding, the ripples moving to quiet. Now you continue to breathe in through your nose and breathe long slow exhalations from your mouth. Now you see the lake becoming still. The whole body of water is highly calm now. You are able to see your face still. You are able to see your face young, fresh and relaxed. There’s no movement in the water and you are just gazing on your reflection, feeling the peace of the lake within your whole being. And you keep this sense of peacefulness and relaxation and stillness throughout your entire being. You then exhale and let that image go, send yourself back to the here and now and then you open your eyes.



EXERCISE II :: *“the mirror of peace”*

The next exercise is called “THE MIRROR OF PEACE.” You close your eyes and you start breathing in an even and regular manner. You're breathing in a blue-golden light and breathing out a gray smoke. You are breathing in all that is pure and breathing out all that is impure. And as you form this even and regular cycle of breathing you count backwards from 3 to 1 with each exhalation. And now you find yourself in a room. You are faced to the left and there on the wall you see a mirror. And in the mirror you see your face in its anxiety. You hear the sounds of your anxiety and fear. You turn your back on the mirror and walk across the room to the right. Whereupon you find a doorway and you open the door and you walk through it and you close the door behind you, only to find yourself in another room. You walk across to the right, open another door and close this door behind you, again finding yourself in another room. You walk across to the right, through the doorway and close the door behind you. It now becomes clear that there is a series of rooms moving to your right and as you move from one room to another you find that the sounds of your anxiety and fear become more and more faint. Each room also has a mirror. And as you quickly glance at the mirror while moving from one room to another, you see your face becoming more and more relaxed as you walk to your right through each doorway, closing the door behind you, only to find yourself in another room, with the sound becoming more and more faint. Eventually you arrive in a room of total silence. There, in this room of total silence, know that you have reached the center of yourself, the place where all your strength emanates. There in the total silence, you see your face reflected in the mirror. You see the face of strength, calmness and peace. You look around this room, become familiar with this room, if there is furniture; recognize it because this is a place you can return to anytime you'd like. It's your centered place. It's your place of quiet and peace. See your face reflected in the mirror, have this reflection move through your entire being. As it moves through your entire being, you see your face smiling, you see yourself filled with peace and courage. And then you just breathe out, you let the images disappear and you open your eyes.

EXERCISE III :: *“the waterfall of light”*

The following exercise is called "THE WATERFALL OF LIGHT." It can be performed for relaxation and energy. So now you close your eyes, and you begin to breathe through your nose and you breathe long slow exhalations through your mouth. You are breathing in all that is pure and breathing out all that is impure. You are breathing in all that is nourishing and breathing out all that is waste. And as you perform this even and regular cycle of breathing you are turning your senses and attention inward to the realm of your imagination. And you count backwards from 3 to 1 with each exhalation and upon reaching 1 you see yourself at the base of a waterfall. It's a sunny day with a cloudless blue sky. And you are under the waterfall where you find a golden sponge.



You see yourself washing yourself. Know that you are washing all fear, all anxiety and all disturbances. And when you are finished washing, you lay the sponge down. And now you begin to climb up the waterfall. You feel the refreshing water stimulate and refresh you as you climb upwards and upwards. Knowing that all is possible in the realm of imagination. And therefore there is no difficulty in ascending the waterfall. You continue to climb up and up and up, and eventually you reach the top of the waterfall and you stand there. You turn around and you look at this wonderful horizon in front of you. You can see far and wide. And then out of the back of your neck, sparks of blue light begin shooting up into the air and then cascading down upon you, covering you with these streaks of blue light. You feel yourself energized. You feel yourself invigorated. And as you become more and more energized you're able to see further and wider, further and wider. You feel full of light and full of life and you keep this feeling for yourself, and then you just breathe out, you let the images go and you open your eyes.

EXERCISE IV :: *“the garden of life”*

The following exercise is called "THE GARDEN OF LIFE." You close your eyes, and you begin to breathe through your nose and you breathe long slow exhalations through your mouth. You are breathing in all that is nourishing and breathing out all that is waste. And as you perform this even and regular cycle of breathing, know that you are turning your senses and attention inward to the realm of your imagination. So now I want you to see, sense and experience yourself in a garden. The garden is overgrown with weeds. You now set out to weed the garden. You see yourself working in an intense manner and know that as you weed the garden you are weeding out of your existence anger and resentment. So you see yourself working away, taking away all the weeds and placing them to the left. You are working section by section, weeding each section, all with the intention of clearing the garden and clearing yourself of anger and resentment. Eventually, there's a pile of weeds on your left. And the garden is clear. You then see yourself light the pile of weeds and see the flames consume them until there are only ashes remaining. You then dig a hole and you bury these ashes knowing that you are burying the ashes of your anger and resentment. You then return to the garden and you see it filled with light and know that it now can grow anything it wishes as you can grow and move towards any possibility you can imagine. Keep that sense of growth and future and now that you have cleared yourself and this is the condition for the possibility of moving fully into the future and into life. Keep these images for yourself and these feelings. And then you just breathe out and open your eyes.



EXERCISE V :: *“crossing the bridge to the future”*

The following exercise is called "CROSSING THE BRIDGE TO THE FUTURE". So now you close your eyes and you breathe out 3 times, counting backwards from 3 to 1 with each exhalation. On reaching 1, know that you've entered the realm of your imagination. You see yourself and sense yourself traveling down a road and the road eventually ends at a cavern far on the other side. But in order to get there, you must construct a bridge knowing all is possible in imagination and you quickly erect this bridge. Once it is completed you see yourself crossing over the bridge knowing that you are leaving the past and moving into the future. And once you reach the other side, you find yourself entering a mysterious and beautiful garden filled with fruit trees and shrubbery and flowers. And there in this garden you find a pond. And in the pond you see your transformed self. You experience this site knowing that you are now filled with courage and strength and you know that with this image and with this new self you can and will continue to transform. You keep all these feelings and images for yourself. For now you just breathe out and open your eyes.

*Continue to practice all of these exercises
for the next twenty-one days and know that in so doing
you are transforming yourself.*

::

IMAGINAL EXERCISES