

Audio Script – Journey into Your Inner Garden

Introduction:

“Make yourself comfortable.

Sit down or lie down.

Close your eyes ... and take a deep breath in ... and out.

(|| short pause)

Once more ... inhale deeply ... and exhale completely.

With every breath, you become calmer, softer, more open.

(|| short pause)

Now, I invite you to join me on a journey – into your inner garden.”

Beginning the journey:

“Imagine yourself standing in front of a small wooden fence.

There is a little gate – no lock, only a gentle bell.

(|| short pause)

You place your hand on the gate ... and it opens effortlessly.

You step inside ... into your garden.

(|| longer pause)

Feel the ground beneath your feet.

The earth is alive.

Here your seeds are planted, your plants are growing, your roots are deepening.

(|| short pause)

Look around:

What plants do you see?

What colors, what shapes?

What fragrances are greeting you?

(|| longer pause)

Perhaps there are trees giving you shade.

Flowers embracing you with beauty.

Or maybe a small stream, gently flowing.

This is your place. Your inner garden.”

The boundary:

“Now, turn your gaze toward the fence.

It surrounds your garden softly, lovingly.

Not as a wall – but as a contour, making you visible.

(|| short pause)

And when a visitor comes, they ring the little bell.

You alone decide whether to open the gate.

Without guilt, without pressure.

(|| longer pause)

Feel the freedom in this choice.

Feel the love that shapes your boundaries.”

Integration:

“Breathe in the air of your garden deeply.
Feel how this place nourishes and strengthens you.
(|| short pause)

Give thanks to your garden – and to yourself.
And know: you can return here at any time.
(|| short pause)

Now, walk back toward the gate.
Step outside, gently, peacefully.
(|| short pause)

Take one more deep breath in ... and out.
Slowly move your hands, your feet.
And when you are ready, open your eyes.
Bring the peace of your garden with you into your day.”