

Relief for traumatized refugees

Session of light

Take a moment in which you allow yourself, to focus exclusively on yourself.

Find a relaxing position, where you can sit or lie down for a few minutes.

You can close your eyes, or keep them open, just as it is comfortable and right for you. If you leave open your eyes, pick a point on which you can rest your eyes.

I would like to invite you to a session of light.

Now imagine a light, any beam of light that comes from the universe. And imagine further that this light beam has a particular colour, a colour that you associate in a special way with healing.

Imagine now, that this beam of light, in this unique colour, which is associated to you in a special way with healing, flows through your skull into your body.

You know that the source of this light is the universe. The more you take, the more is available for you.

The light flows through your skull, it flows into your body and spreads throughout your body. You know that this light heals with its special colour and is both, invigorating and relaxing. It has an invigorating, healing and soothing effect on every cell, every organ, the muscles, the bones, the nerves, to all internal organs, the skin.

Let more and more of this healing light, in its particular colour, flow through your skull into your body. The light flows by itself throughout your body. It is flooded by light and starts to vibrate smoothly. Let the light flow through your whole body and let it spread its healing, soothing and relaxing effect.

If you like, you can let the light flow around your body and wrap it with the light that you associate in a special way with healing. Just as you like it, just as it is convenient to you.

If this exercise is comfortable for you, take a moment to enjoy it and deepen this experience.

Then return, in your own pace, step by step, with your attention back here to this room.

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Container exercise

In the past few months, you had to make bad experiences, of which you still have inner images that keep coming up and burden you.

I would like to invite to an exercise that can help you gain distance from these images and thus to find more inner peace.

Try to find a comfortable position, where you can sit or lie down for a few minutes.

You can keep your eyes open or close them, just as it is comfortable and right for you. If you leave your eyes open, pick a point in the room on which you can rest your eyes.

Now, I would like to invite you to imagine a container, into which you put anything what is burden you, what you do not want to think about or what is just too much.

This container can be a safe, as big as one knows it from a bank, it may be a chest, a box or a vase, simply a container where you can lock all these things, which you just don't want to deal with. It is important that this container can be locked and you are the only one that can open and close it. It must be strong and large enough so that you can really dump everything in there that you do not want to think about.

It's often like that this safe or container is in a special room. This room may be inside a building or in a cave, a mine or some other hiding place, just as it is convenient for you. And this space can be opened only by you.

Now imagine how to get to this room, where your safe, in which you store your things, is located. Imagine how you stand in front of this room and open it, because only you alone can open this room.

And imagine further, that you enter the room where your safe or which container you have ever chosen is located. This container is sealed and only you can open it and close it, because it is solely your container.

Now imagine, that you open the container and put everything what is burden you, what you don't want to think about and what you just don't want to deal with, into the container. All images, thoughts or feelings can now be dumped into your container. Everything will be kept there well, nothing will be lost. Everything can be retrieved from the container, if you feel better at a later date. Dump everything that you want to get rid of today, in your container.

If you have really dumped everything in your container, you can close it again. Make sure that only you are the one who can open or close the container and make sure that it closes well. Verify that you have really put everything in there, that you want to get rid of today. If something still remains, open your container again and put it also inside.

Then seal your container again, leave the room in which your container stands and close this room as well.

And it is good to know, that you always have access to this room. Your room, in which your container is located that allows you to dump things, which you just don't want to have in mind or to think of, at any time. Perform this exercise as often as possible by, if you are plagued by mental images, thoughts or feelings.

Then return, in your own pace, step by step, with your attention back here to this room.

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Relief for traumatized refugees „Inner strength“

Take a moment in which you allow yourself to be completely focussed on yourself.

Try to find a comfortable position, where you can sit or lie down for a few minutes.

You can keep your eyes open or close them, just as it is comfortable and right for you. If you leave your eyes open, pick a point in the room on which you can rest your eyes.

I would like to invite you now to a virtual trip into yourself. To an inner place that is very quiet and peaceful. You should associate this place only with positive feelings and images. If anything in this place is disturbing you, change this place until you just feel fine with it or just try to find another place where nothing disturbs you.

Take a moment now, to arrive completely at this inner place, perceive it accurately: what you see ... what you hear ..., maybe you even smell anything at this place... And maybe you can begin to feel better at this location, and join its friendly atmosphere. As if the sun shines on your body and you feel the heat being absorbed from your body. And maybe you succeed, with the inhalation of this pleasant feeling that can be spread in your body and to exhale everything that bothers you. You are at your inner quiet place and with each inhalation the well-being spreads a little more throughout your body and with each exhalation a little bit of your tension flows off your body.

And here, at this very private place, you now have the opportunity to meet a part of yourself, I would like to call it your „Inner Strength“ and now I want to tell you something about it.

Every human being has this part of himself. It is the part of you who exists from the moment of your birth... Sometimes you have felt it and sometimes not ... or less. And this part is also available for you now and helped you as well to be here. It's the part of you that has allowed you to survive. That has helped you to overcome all the many obstacles in the past, also on your way to this place here. And this part will help you to continue to overcome all the obstacles, wherever you will encounter them.

You're not always aware of your „Inner Strength“. Sometimes you might think, your „Inner Strength“ is no longer there. And yet it's always with you, simply in the background.

You might now want to take the time to get in touch with your „Inner Strength“. Make it simply now, what images ... or feelings ... or thoughts ... or memories ... or perceptions of your body might arise. No matter what now appears, it's the bridge to your „Inner Strength“, use this bridge to contact your „Inner Strength“.

Feel, how you are in contact with your „Inner Strength“ now. Just take your time to feel it ... (slowly). Imagine how your body, which can be fully present now, memorized your „Inner Strength“. Just like you memorize a beautiful landscape or a special event in which you felt really good. Give your body the time it needs for memorizing. (Break)

And from now on you can get in contact with your “Inner Strength”, just by recalling these images, thoughts and memories. Just by doing so, you will be immediately in contact with your “Inner Strength”.

And if you are in contact with your inner strength, you will feel more confident, strengthened and supported. And you will feel that you bear in yourself all skills, needed to do the next steps, to go in the direction you want and to achieve your goals. And so you will feel calmer and more confident each time, you get in touch with your “Inner Strength”. (Break).

Contact as often as possible your “Inner Strength”, simply by closing your eyes for a while and recall your images, thoughts, feelings or memories. Remember that you have all the skills in yourself that you need to achieve your goals.

And the more often you get in contact with your “Inner Strength”, the more confident you will feel and the more you will be able to be guided by your self-confidence.

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The Cleansing Bath

First question: Can you swim? If no, during the exercise just approach imaginary cautiously the water and trust just as much as it is really pleasant and feels good ...

If you like to sit or lie down, whatever is more helpful to you, to go slowly on your own way from the outside inward, then I invite you, if you like, to imagine water - perhaps a river, a lake or a sea - whatever goes through your mind is ok. And then to approach this water, very slowly. If there are multiple images that go through your mind, you could opt for a scene ... to perceive the shore, as well secured, carefully designed, planted or natural this shore might be. And then, if you like, take off your shoes and get in contact very carefully with the water over your feet, and perhaps also on your hands...

And if the weather is pleasant, and the water has just the right temperature, you may like even discard your clothes and slowly wade into the water. And take your time to find the moment when it is okay, then let be borne by the water, to notice when there is a desire to repel your feet and lie down on the water that is carrying you so wonderful, and to move the way you just want it - you may like to swim out with a few vigorous swimming moves or maybe you like to dive, perhaps you may also simply lie down on the water and drift a little, or anything alternately ... while you may notice how beautiful the shore looks from the water. The plants, the sky, the sun, or what also is always pleasant to perceive for you - and whatever is just going through your mind, is ok...

And if it is quite pleasant to be in or on the water - maybe it's also a healing, cleansing water -, then maybe you can feel how it rinsed off everything you had on you like dust and sweat and slag and tensions, and may be you're able to feel how refreshed and relaxed your body feel in the water, and maybe it facilitates you and makes you happy and relaxed, or whatever else you can feel of pleasant feelings...

Take your time, if you just enjoy it. Seconds will appear as minutes and minutes as a very long time in this refreshing bath ... until maybe you notice a nice place on the shore at which you would like to go out. And if you look closely, it could be that a fluffy bath towel in your favourite colour is waiting for you ... maybe you notice your own pace, when it is just right, making sure to put your feet on the ground and to get out of the water... to take the towel and dry off yourself, thereby noticing maybe how soft and fresh and pleasantly cool or pleasantly warms your skin feels, whatever you find enjoyable ..., dry off yourself, perhaps to feel the muscles relaxed or empowered ... and if there are your favourite clothes, you might like to imagine how you put on your clothes and how wonderfully soft they feel on the skin... and then you can even decide whether you also put on socks and shoes or sandals or prefer to walk barefoot ...

If you find, relaxed and strengthened the right moment to look back to the water, perhaps with gratefulness or astonishment or whatever you just feel –you will see your personal swimming area, to which you can always return if you want - and then turn your back to the scene and gradually come back at your own pace, here to this room...

Excerpt from:

Michaela Huber, The inner garden. A mindful path to personal change.
Paderborn: Junfermann 2005, S. 102-104.

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The Inner Garden.

Perhaps it is best to start with a short form of mindfulness exercise.

Then I invite you to settle down in your imagination a garden to your taste. Maybe you are a bit curious: How could probably look a garden, your unconscious mind will help you now to imagine? Just for the moment.

What do you think, how big your garden should be? And what boundary should the garden have? Rather a wall or a natural hedge or a fence? Can you imagine the access to your garden? The gate or the door e.g.? You might see the garden from the outside - and whatever you just going through your mind, is quite ok.

Take your time, to consciously enter the garden through the gate or the door or entrance and to cross the threshold ... allow yourself to imagine the garden in good weather and in a pleasant season - there are trees, is your favourite tree here? ... And what flowers or shrubs or other favourite plants you can see there? ... Can you smell it also if it is good for you to inhale the aroma? Is there also water - a fountain, stream or pond or lake - in your garden? ...

Maybe Do you have a lawn or grass or other green spaces in your garden? Can you hear something pleasant? Some birdsong and the splashing of water or insects buzzing in the flowers - and whatever you just going through my mind, is all right...

Could you imagine setting up a place of rest in your garden, once for yourself and then for all the parts of yourself that you want to be happy again, rest on a good, safe place like this? In what area of your garden, as a resting place would be beautiful?

And if you are setting up the place - maybe you place a hammock or a beach chair or a nice table and some comfortable garden chairs, maybe also a swing and a play-ground for a child or children, if you like - maybe you can be very carefully and make that every part of yourself that might need a rest might feel comfortable.

You might like to look around again: Is there something you would like to have also here in your garden like the „icing on the cake“? Take your time to think about it...

Finally: Take once more a look around, if the garden is well bordered; maybe you can take even a bird's eye view: Is the garden well fenced, or does it have natural limit? Does it have a pleasant neighbourhood or is it well embedded in the surrounding nature? You may imagine it as you like to have it. Is it ok or you're even thinking of something that you would like to change?

Finally, if you perceive it all over again as a total picture, starting to go out, look around, perceive the entrance ... you can always return to your secret inner garden,

only you know how to find it. You can give your inner parts, which might need to rest, access to your inner garden ... maybe it is good to perceive the entrance clearly again? The door or gate to your garden?

If you then turn around in your imagination so that you have the door or the entrance to the garden in the back, you can from there very gradually, at your own pace, return to the current reality, here in this room where you remember that your feet have contact with the ground, you gradually feel your legs better and your butt, might feel the seat pad, your back, arms and hands, shoulders, neck and head, and his eyes, if it's alright ...

Excerpt from:

Michaela Huber, The inner garden. A mindful path to personal change.
Paderborn: Junfermann 2005, S. 65-67.

Emotional Awareness

Kindly take a seat! Pay attention to make sure that both soles of your feet are touching the ground. Just think that being in touch with the ground means that you are "earthed". Your body is staying upright but through the soles of your feet you can feel that you are in contact with the floor and therefore in contact with the house in which you are now. By leaning back and straightening your body (with an upright spine – just the way you still feel comfortable) you probably will turn your head upright. Now we have a line from one point on your head along your spine till you come to the point where your tailbone is making contact with the seating of your chair. By comfortably placing your forearm on your thighs you possibly feel your shoulders sagging and unburdening. Feel free to make small movements in order to be seated as comfortable as possible!

While feeling your body from head down to your feet I invite you to relax only as much as it feels comfortable for you at the time being. Feel for example the skin of your head – and whatever you are thinking now is quite alright – and you may sense the tenseness or the relaxation of the skin of your head. To make it a bit easier for you: You could for example crinkle your forehead and then let go again and thereby feel the difference at your scalp. If you like, just let go a bit more – just as much to still feel pleasant. Try to get a feeling for your muscles around nose and mouth. How does that feel? Is your tongue placed relaxed within your mouth? Your lower jaw – is feeling loose? Whatever you feel right now – everything is o.k.

Now we go to your neck and to your shoulders – do you realize how they feel just now? To get a better feeling of this you could try to tense your muscles around your throat, neck and shoulders a little and then to let go again. How does that feel just now? And how does it feel as nice as possible? And whatever you notice right now is quite alright.

Arms, forearms and hands – how do they feel right now? Do they feel loose and relaxed? Are you feeling loose and relaxed? Just sense and feel what might do you good with your arms and hands?

By putting your attention to your chest and your upper back you may notice that the muscles in your chest slightly move up and down, whilst the muscles at you back slightly move sideways whilst you are breathing. Try to feel how it is when "it" breathes (you) - in comparison to when you take a conscious breath yourself. And whatever goes through your mind, it is quite alright.

How is it with your stomach (tummy), pelvis and bottom, your thighs, lower legs and feet?

While breathing out could you try to breathe down into your tummy, into your pelvis and your bottom, and into your thighs, lower legs till you come to your feet? And how

does that feel? Try to notice what and how you feel and keep it in mind. And when you sense some kind of relief or a tiny little bit of relaxation - just keep in mind how it feels right now.

And now, when observing yourself while you are sitting there, what do you notice? Are you emotionally aware of sitting here? What feels good and where would you like to have some more relief? Can you leave everything as it is or would you like to shift somewhat? Do as you like!

And while noticing your thoughts and feelings what do you realize? Do your thoughts wander or do they pass by or ... ?

Perhaps you should try to just notice whatever goes through mind and let it pass by. And whenever you like to think of something special – whatever it is – you may just notice it and then let it go if possible. With the same pleasant feeling as just now. And whenever you realize your emotions, what makes you feel aware of your feelings? Do you feel it within your body? And what kind of emotion could it be which is being felt by you now? Is it possible to just notice this feeling – the same way as everything else which perhaps you might wish to let go? And if the feeling is nice which you would like to keep – what is it what makes it special to you?

Can you just notice it the proper way – with all your senses? Is there a thought or bodily sensation which goes together with this particular feeling? And whatever goes through you mind, it is alright.

And when you slowly become aware what is happening around you, please notice how your feet are in contact with the ground. Notice that you have legs, bottom, a backside as well as a tummy and a chest and hands and arms, shoulders, neck and head. Open up your eyes and let your gaze wander throughout the room and perhaps do a bit of stretching in order to be right back again.

Excerpt from:

Michaela Huber, The inner garden. A mindful path to personal change.
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