

## 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...