

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.

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”.

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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