

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 playground 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 ...

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