

## Forest Fantasy

I want you to imagine that you are standing on the edge of a great forest. Before entering, picture as clearly as you can the shape and color of the trees.

Is there much undergrowth? Is there a path to follow? Can you hear anything? Smell anything?

As you enter the forest, try to keep imagining things sharply in your mind. How are you feeling? Do you notice anything unusual? Are you aware of any animals, birds or insects?

After some time, you are aware that you have travelled deep into the forest. What thoughts are passing through your mind?

Suddenly, you become aware of a person. What does the person look like? Eyes? Facial features? Clothing? Are they carrying anything? Do they speak to you? If so, what do they say?

After a moment, the person beckons you. You follow. Willingly or unwillingly? Where do they take you? Picture the place you are taken as clearly as you can.

The person asks you to do something. What is it? How do you feel about doing it?

Suddenly something unexpected occurs. A danger of some kind is threatening. Imagine in detail where the danger is coming from.

Fortunately, however, you obtain an object that gives you special power against the danger. What is the object? How did you get it? Did someone give it to you? If so, what kind of creature gave you the special object?

Imagine in detail how you use the special object to free yourself from the danger.