



Transcript

Notes to speakers

- The subheadings in square brackets are for orientation purposes only and shall not be verbalized.
- Welcome your listeners in a warm and joyful manner – the introduction to the meditation should awaken their curiosity and motivate them to join you on the journey
- Important: Take your time while reading the text! Speak slowly and give breaks, so that your listeners have enough time to envision the images of their city of the future, whilst listening.
- At times that you feel like a more extensive break is appropriate, use little sounds to make your listeners know the audio file is still running. You could for example repeat parts of the sentences, certain words or use the sound of your breathing.
- In the body scan in particular, use a speech bow that is not monotonous but goes downwards “into heaviness” at the end of the sentence or part of a sentence. This helps to fall into trance better than with a speech bow that gets higher at the end of the sentence. The same thing applies to the imagination-stimulating questions in the second part.
- It should take you 25 to 30 minutes to read the whole text.

[Greeting – don't speak meditation-oriented yet]

Welcome on board to your guided visualization into the future! It's nice to have you here!

You are about to go on a fascinating trip to a city of the future, that you have probably never been to before. This place is created by your own imagination. Be surprised where you end up and enjoy the adventure!

Remember that you can control where you focus your attention to. Allow yourself to choose what you want to explore more closely. If something is too much for you, feel free to go somewhere else. You may as well not see anything at all. Trust your subconscious mind to create a journey that is good for you.

Are you ready for your journey? Then let's start with a bit of relaxation.

(...)

[Body scan]

Sense your position. Are you sitting or lying comfortably and in a way that your breath can flow well through your whole body?

If you like, close your eyes so that you can concentrate on yourself and your body.
Pay attention to your breath.

Take a deep breath in... - hold for a moment - and then slowly breathe out again. *[Breathe audibly yourself]*.
Repeat this a few times.

(...)

Then watch your breath as it finds its natural rhythm again. Allow yourself to arrive fully in this moment. If you like, you can imagine that with each inhale, you are inhaling something positive - perhaps a bright light, perhaps joy - or something else that is good for you.

With each exhale you can breathe out everything you want to get rid of.

[Breathe out audibly and firmly, perhaps with a slight sigh.]

Repeat this a few times. ... (in... and out...)

(...)

With each exhalation, let go a little more. Your body becomes more relaxed, calmer and heavier with each breath. Feel how gravity binds your body to the earth, enjoy the heaviness.

(...)



Maybe there is more movement in your mind? Let the thoughts come and let them go. Let them pass by your head. Let this movement of the mind slowly level out. Until this also slowly calms down.

(...)

Now move on to observe your body. Start with your left foot. Feel each one of your toes - from the smallest one to the big one. Feel the spaces between the toes and then feel over the sole of your foot and the back of your foot to your left heel. Notice where your left foot touches the floor. Now feel your left calf and shin up to the knee, thigh... to the hip.

Move on to your right foot. Feel the toes, the spaces between the toes. Feel the sole of the foot, the back of the foot..., the heel... up the right lower leg... over the calf and the shin, the knee, the back of the knee... the thigh... back and front.... up to the hip.

Feel your hip - all the way around. Then listen to the center of your body: your belly. How does it feel? Let go of it completely. Breathe deeply into your belly...feel how it rises with the inhale...and sinks back as you exhale. Now let your attention move up to your chest ... to your left arm. Feel your fingers, each finger at a time. Feel the spaces between the fingers here too. Feel the ground on which your arm is resting. Notice your left elbow... the upper arm ...and your left shoulder. Relax the shoulder, let it go completely.

Now slowly follow your collarbone to your right arm, your elbow, ...your hands up to the fingertips. Feel your fingers on this side too - from the ring finger to the thumb. Feel the skin between the fingers. Your right wrist... the surface your right arm rests on... the elbow, the upper arm and the right shoulder. Relax them as much as you can.

Feel the whole chest moving with your breath - at the front of the chest, and at the back. Feel the movement of your lungs in full width and length. Now slowly move your attention up the spine, each vertebra one by one, from the bottom to the top of the neck. Over the back of the head up to the highest point. Feel this spot for a moment. Then let your attention move forward... to the forehead... and to the face. Are your facial muscles relaxed? Is your lower jaw relaxed? Are your eyelids loosely closed?

(...)

[The flight into the future - leave a short pause here!]

Feel how the air flows through your nose when you breathe in.... Listen to your breath consciously. Perhaps you will notice another sound: a gentle hissing. Quietly at first, then it gradually gets louder. It sounds like the burner of a hot air balloon.

Imagine you are standing in an open space. There is a beautiful hot air balloon ready for you to float into the future. You might want to walk towards it. As you do so, take a closer look at it. What colors does it have?

(...)

Whenever you are ready, you can climb into the basket. Gently the balloon takes off ... and slowly rises higher and higher. The balloon carries you safely, and as it rises, you look up into the sky, free and wide.

Breathe in the fresh, clear air and feel the light wind around you. Enjoy the feeling.

After a while, you can feel the balloon slowly sinking again..... until it finally lands gently on the ground.

(...)

[Arrival]

You have overcome time and space and have now landed in a future full of wonders. You are in a city you do not recognize. It invites you to explore. You can safely get out and leave the balloon.

If you like, take a look around first.

(...)

What is your first impression?

(...)

Where are you standing? *[Pause]* In which kind of area has the balloon landed? What does the ground look like on which you are standing? How does it feel under your feet?

What is the shape of the open space you are in? How far can you see?

(...)

What colors do you see? Do you discover certain forms or structures?

(...)

If you like, concentrate for a moment on the sounds in this wondrous environment. Do you hear anything? If



so, what do you hear? How do you feel about these sounds? Do you discover any other sounds? How do they affect you?

(...)

Do you smell something? Do you know what it is that you smell? Are there smells that seem strange to you? Or smells that awaken memories? Which ones do you like most, which ones less?

(...)

What is the temperature like? How does this environment feel on your skin?

(...)

Now look more closely: What do you see in front of you? Full of curiosity, look at what you see. You can let your gaze wander slowly to the left. What do you see here?

(...)

Perhaps you would also like to look to the right... what do you see there?

Do you want to linger here for a while?

(...)

[Exploration]

Are you now ready to explore your city of the future a little further? Then go into the direction that seems spontaneously interesting to you. You can stroll slowly or move faster, just as you like.

(...)

Go a little further... and a little further.

What do you see here? Can you discover anything new when you look up?

(...)

Are there buildings, paths or roads?

Maybe you see other built things that seem interesting to you. Can you see what they are here for? Can you guess what they are made of?

(...)

Do you want to touch something and see how it feels? What do you perceive?

(...)

Are there sounds here? Or has the soundscape changed? Can you perceive different sounds? Can you identify their sources?

Can you smell something you haven't smelled before? Concentrate on your sense of smell for a moment.

(...)

You can go a little further. How does it feel to walk here?

(...)

Are there any plants in your city of the future? If so, what kind of plants? Do you like them?

(...)

What fascinates you? Is there anything you like less?

(...)

If you like, look out for animals or other living creatures. Are there other people ...? Or are you all alone?

(...)

Are there people or other creatures you would like to observe a little more? What are they doing? Are they in one place? What do they look like? Do they have things with them?

Are they moving? How do they move around?

Do they react to each other, or are they more for themselves? Do they communicate with each other?

(...)

You can continue to observe them, or you can approach them - just as you like. Maybe they react to you? Do you want to talk to them? Maybe you can even ask them questions. If you like, try it out. What would you like to ask?

(...)

Do you get an answer?

(...)

When you are ready, go a little further. See if you can find a place where you can get a good overview.

(...)

Have you found one?



(...)

Stop again for a moment. Maybe you want to pay attention to the sounds and smells here, too... What do you hear? What do you smell? Has something changed? If so, why?

(...)

From your lookout, take another close look at your future city. There are new things to discover everywhere - interesting details that amaze you.

Where does your eye get stuck, what fascinates you? Is there anything that seems strange to you? You are welcome to linger a little longer

(...)

And continue to observe... and listen...

(...)

[Return]

Behind you, you hear the soft sound of your balloon again. It is ready to take you back again. Are you ready? If so, say goodbye to your city of the future for now. You can thank its residents for letting you visit. If you want, you can always come back here.

Now get into the basket. The balloon lifts off the ground again, rises high into the sky and brings you back safely into the present.

Welcome back!

If you like, keep your eyes closed for another moment and let your journey resonate within you.

(...)

Breathe deeply. When you are ready, slowly open your eyes and come back to the here and now.

[Speak more lively / awakening / cheerful now].

Maybe you feel like stretching out and shaking your body a little.

Take a little more time. If you wish, you can now take notes on your travel experiences, express them creatively or even think about them further. In the instructions you will find a few tips on how to do this.

Finally, thank yourself for taking the time today for this guided visualization!