

Guided fantasy: Your garden

Take a deep breath and close your eyes and imagine for a moment the most wonderful garden. And now imagine yourself as the person responsible for that garden. You are the gardener. Be in your garden. Look around your lovely garden for a moment and just see all the magnificent things growing there. Perhaps there are flowers. Perhaps there are fruit trees. Perhaps there are wonderful vegetables. You choose what is growing in your garden. You can grow whatever you like. You can also have statues, arches, ponds, fountains ... whatever you want.

As you walk around your garden, see all the colours in your mind's eye. Smell the gorgeous smells. Hear the sound of the birds and insects. Feel the sensation of your feet on the ground as you walk. Feel the air against your face. Feel too a sense of pride in everything that you can see around you. Really enjoy your garden. Really enjoy everything that you can see and hear and smell and feel.

And as you walk around your garden, be aware too of all the things that are not yet visible. Things you planted a while ago but which have not yet come up. Seeds or bulbs which will one day emerge and flower and flourish. Just imagine how it will be when that happens and how your garden will be even more beautiful as a result. And be glad.

And be aware too as you walk that though plants wither and die, other plants will come to take their place. Plants that will grow and blossom and smell heavenly. And the cycle will go on. And you are a part of that. You help it to happen.

Take a moment just to plant a few more seeds. There is a patch of newly dug earth, so all you need to do is scatter the seeds on the ground and then place some earth over them. There's a watering can nearby. Pick it up and sprinkle water over the earth.

And then look round your garden again and notice a special tree, plant or flower. Go up to it and look at it closely. Smell it. How does it smell? Touch it gently. How does it feel to touch? Just take a moment to really appreciate it. And be very glad that it's there. That it's part of your garden.

In this special place you can find the answer to anything you need to know. Ask the question: 'What is it I most need to know right now?' Wait a moment for the answer and trust that it will be there whether you know it consciously or not.

Look around your garden once more and feel again that sense of joy. Prepare to leave your garden, knowing that you can come back whenever you choose. Take a deep breath and slowly and gently, come back to the room, bringing with you that sense of gladness and joy, and taking it with you into the rest of your day.

Wizualizacja kontrolowana

“Ogród twoich marzeń”

(“Your garden”)

Weź głęboki oddech, zamknij oczy i wyobraź sobie przez chwilę najwspanialszy ogród, jaki tylko może istnieć. A teraz wyobraź sobie, że jesteś ogrodnikiem, który zajmuje się tym wspaniałym miejscem. Rozejrzyj się wokół i zobacz, jakie znajdują się tu rośliny. Może to są kwiaty, może drzewa owocowe, a może warzywa. Wybór należy do ciebie. To ty decydujesz, co tu będzie rosło. Możesz też umieścić w swoim cudownym ogrodzie posążki, fontannę, altanę i cokolwiek tylko zechcesz.

A teraz przespaceruj się po ogrodzie i naciesz się wszystkimi jego kolorami i zapachami. Posłuchaj ptaków i innych mieszkających tu żyjątek. Wyobraź sobie, że czujesz, jak twoje stopy poruszają się w czasie spaceru. Wyobraź sobie, że czujesz podmuch wiatru na swojej twarzy. Poczuj się dumny ze wszystkiego, co widzisz wokół. Ciesz się swoim ogrodem. Ciesz się ze wszystkiego, co tu widzisz, słyszysz, wdychasz i czujesz.

Pomyśl o tych roślinach, których jeszcze nie widać, a które już żyją, bo właśnie przed chwilą je zasadziłeś. Na razie są to tylko nasiona, z których pewnego dnia wyrosną wspaniałe kwiaty, owoce lub warzywa. Wyobraź sobie, jak pięknie będzie wtedy wyglądać twój ogród.

Pomyśl też o tych roślinach, które pewnego dnia zwiędną, ale nie martw się tym, bo na ich miejscu zakwitną nowe, może jeszcze piękniejsze i jeszcze wspanialej pachnące. Pamiętaj, że jesteś tu po to, aby pomagać tym roślinom dojrzewać i rozwijać się.

A teraz pora, abyś zasadził coś nowego. Świeżo wykopana grządka jest już gotowa, wystarczy tylko, że rozrzuć na niej nasiona i przysypiesz je ziemią. Tuż obok zobaczysz konewkę. Weź ją i podlej ziemię z nasionami.

Następnie jeszcze raz rozejrzyj się wokół i zastanów się: czy jest tu jakaś roślina, która szczególnie ci się podoba? Czy jest to kwiat, czy może drzewo? Podejdź do niej i przyjrzyj się jej z bliska. Powąchaj ją. Jaki ma zapach? Dotknij ją delikatnie. Czy jest przyjemna w dotyku? Zachwyć się nią i ciesz się, że masz ją tutaj, w swoim cudownym ogrodzie.

W ogrodzie tym znajdziesz odpowiedź na każde pytanie, jakie ci przyjdzie do głowy. Wystarczy tylko, że je zadasz i uwierzysz, że otrzymasz na nie odpowiedź.

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QUIZ – SENSORY STYLES

Which statements are true of you? Put a number in each box.

4 = always 3 = usually 2 = often 1 = occasionally 0 = never

Don't spend too long thinking about the answers, just write down the number which seems most appropriate, or most like your behaviour.

1 When you contact people, do you prefer

- (a) meeting face to face?
- (b) talking on the phone?
- (c) getting together to share an activity (walking, sports, etc)?

2 When you are angry, do you

- (a) go very quiet and seethe inwardly?
- (b) shout and let everyone know about it?
- (c) clench your fists, grit your teeth, storm off?

3 When you close your eyes to imagine something, do you naturally hold your head

- (a) up high?
- (b) slightly on one side?
- (c) down?

4 When you close your eyes and imagine something, do you

- (a) see clear, detailed pictures?
- (b) think in sounds or words?
- (c) get a feeling, perhaps with blurry images?

5 How is your memory? Do you tend to

- (a) forget names but remember faces?
- (b) remember names, words and numbers?
- (c) remember best the things you've done?

6 Is your room

- (a) tidy, nice to look at?
- (b) focused around the stereo?
- (c) arranged for comfort?

7 In your leisure time, do you prefer to

- (a) watch TV, read?
- (b) listen to music or a radio programme?
- (c) do something physical, eg go for a walk?

8 In conversation, do you

- (a) dislike either talking or listening for too long?
- (b) enjoy listening but get impatient to talk?
- (c) use a lot of gestures?

9 When you are forced to sit and wait, do you

- (a) look around, watch things?
- (b) talk to yourself or other people?
- (c) fidget, bite your nails?

10 When you are reading, do you

- (a) enjoy descriptive passages, imagine scenes clearly?
- (b) enjoy dialogue, hear the characters speaking?
- (c) prefer action stories, or tend not to read much?

11 What sort of clothes do you like wearing?

- (a) neat lines and good colours
- (b) don't really think about it
- (c) looser fitting, above all comfortable (eg baggy jogging bottoms)*

12 Is your voice

- (a) quite fast and high pitched?
- (b) rhythmical, and you tend to talk to yourself?
- (c) lower and slower?

* 'Baggy jogging bottoms' is not only what we like to wear, it's also one of our favourite tongue twisters. Try saying 'baggy jogging bottoms' three times quickly and clearly!

QUIZ ANSWERS – SENSORY STYLES

Read these answers in relation to the information in **VAKOG 1 How we experience the world** and **VAKOG 2: How we represent the world** on the following pages.

These answers are just a guide and should not be taken too seriously. All the questions are generalisations and there will always be exceptions.

- (a) relates to visual
- (b) relates to auditory
- (c) relates to kinaesthetic

A score of 30+ in any one of the senses shows that you probably have a very strong preference for that sensory system. Make sure that when you are learning something new, you use methods and techniques which favour that sense. (See page 32) If you are presenting information to other people, make sure you use all three senses and not just the one which comes most naturally to you.

A score of 0-15 in any one sense shows that it is not very developed. Why not add to your repertoire as a teacher, learner and communicator by consciously using that sense more? Be careful not to omit techniques in this sense when helping other people learn.

A similar high score in all three senses shows a flexible approach and gives you more choices when learning, teaching and communicating. Remember to use them all and to continue adding techniques to all three.

If you have a similar low score in all three senses, what are you doing???

