

## Guided Imagining to meet your Captain

The Captain is your internal leader, your Inner Authority, a visionary who is in command and leads all parts of your self towards the fullest expression of your Life Purpose. There are no rules about your Captain being masculine or feminine, human or animal, with a physical form or not. The key attributes of your Captain are: **Wisdom, Compassion, Courage, Clarity and Certainty**. The Captain has access to all the wisdom that ever was, has been there and back, and knows that ultimately everything turns out just fine. Your captain loves you completely and unconditionally and no matter what happens, holds you tenderly with gentleness, infinite compassion, and heart. Your Captain believes in you completely and without question, is grounded and can see quickly what is needed and how best to move forward. Your Captain is fearless and relentless in pursuit of the very best for you. Your Captain's will is unshakable, dedicated and unwavering.

Know that the Captain has always been part of you and is eager to be more available to you.

If you haven't already, find a comfortable position so you can relax and take a short journey to meet your Captain. Take a deep breath, as you release that breath let yourself relax.

Notice where you might be tense... breathe into that place and let that tension go on the exhale and relax.....

Another breath now, letting go..... As you relax, let your imagination go..... let it take you to a place that is completely safe..... just make it up, sense it or see it. It is all fine..... (Pause)

As you imagine this place, look around. What do you notice? Whatever you see, imagine or sense is exactly as it should be. Wherever you are, notice what is around you. Sense or see the details... take in the colors, the sounds..... you might want to touch something.... What are the smells here? Let it all come so alive you can almost taste it. (Pause)

As you walk around and get to know this safe place, you hear the sound of someone approaching.....there is a sense of excitement in the air. You are about to meet someone special.....and now... they come into view.....Your Captain walks toward you, eager to meet you as well.

As your Captain approaches, notice...

What does your Captain look like? What stands out about your Captain? What's it like being with your Captain?

This is the Leader within you... your Inner Authority... Your Captain...Greet one another. Notice what it's like? Feel into and notice: What does the energy of your Captain feel like? Your Captain has always been here and now you have access to each other in a new and conscious way.

Now, find a place in this safe space to be with each other for a conversation... Sit down and get comfortable or you might go on a walk together or look out at the view.... Simply find a place to be with each other and have a conversation with your Captain.

Ask the following questions and listen carefully for the answers:

What is important for me to know about you? (Pause)

What do you want for me? (Pause)

What do you know about my Life Purpose? (Pause)

How can I connect easily with your wisdom and your strength? (Pause)

Lastly: What is the name by which I will call you? (Pause)

Notice, they have a gift for you. Receive their gift. What is it? What do you notice about it? Ask them:

What would you like me to know about this gift? (Pause)

And now, we'll be drawing this meeting to a close. This is a time to thank each other... knowing you can be with your Captain any time you choose. Your Captain is here for you to support you in your journey of living your life purpose.

Now, take a deep breath, breathing in this experience, remembering what you need to remember. Another breath, returning to this space and time.... another deep breath. Open your eyes, stretch, move your body a little.

Maintaining silence, take a few notes about this experience