

The Rose

(5mins)

Imagine a rosebush: roots, stem, leaves, and, on top a rosebud.

The rosebud is closed and enveloped by its green sepals. Take your time in visualizing all the details clearly.

Now imagine that the sepals start to open, turn back and reveal the petals inside – tender, delicate - still closed.

Now the petals themselves slowly begin to open. As they do so, you become aware of a blossoming also occurring in the depths of your being. You feel that something in you is opening and coming to light.

As you keep visualizing the rose, you feel that its rhythm is your rhythm; its opening is your opening. You keep watching the rose as it opens up to the light and the air, as it reveals itself in all its beauty.

You smell its perfume and absorb it into your being.

Now gaze into the very centre of the rose, where its life is most intense. Let an image emerge from there. This image will represent what is most beautiful, most meaningful, most creative that wants to come to light in your life right now. It can be an image of absolutely anything. Just let it emerge spontaneously, without forcing or thinking.

Now stay with this image for some time and absorb its quality.

The image may have a message for you – verbal or non verbal. Be receptive to it.

Notes

Exercise taken from 'What We May Be: Techniques for Psychological and Spiritual Growth through Psychosynthesis' by Pierro Ferrucci (ISBN 0-87477-262-1).

If you practice this visualization regularly (preferably daily) you'll be surprised at what will unfold within you and your life.