

Visualization Narrative

“Voyage to a Tropical Island”

By David Lee Cummings

Healing Embrace

Lay back and close your eyes.
Take a deep breath and hold it for a moment.
And now exhale.

Take another deep breath.
Hold it.
Exhale.

One more deep breath.
Hold it.
Exhale.

Now I want you to imagine your body feeling completely relaxed and as light as a feather.
You feel very happy and very relaxed.
Suddenly, you feel your body rise like a balloon, and you hover just above your bed.
You float there, suspended in mid-air, feeling happy and light, like a red balloon from a circus.

Now you begin to float toward your window.
Your feet reach the window first and pass right through the window as if it wasn't even there.
Your whole body then follows, passing right through the window.

You look back through the window and see your empty bed as you float up toward the night sky containing a thousand happy stars twinkling down at you.
You continue to float up higher, and the building or house you live in shrinks in size as you fly up into the warm sky away from it.
You see other buildings and houses below, and cars, and trees, and roads—all getting smaller as you float up higher and higher.
The landscape below starts to look like a little toy town as everything becomes smaller and smaller.

Below you in every direction, you see numerous tiny lights everywhere, like a reflection of the happy stars above.
The lights become smaller and fainter the farther up into the sky you fly.
You fly up higher and higher, touching the edge of outer space.
You can see the edges of the earth—the horizon—curving around you, as if you were looking down on a giant marble trillions of times bigger than you are.

Suddenly, your body angles slightly back toward the earth and you dart swiftly toward the horizon before you.
You fly through some clouds, and as you do, you can feel the moisture in the clouds collecting on your face: little drops of water begin to condense on your forehead, cheeks, and nose.
The water droplets feel cool and soothing, although the breeze blowing across your face and through your hair is warm and comforting.
You race through the night sky for a while, feeling the warm wind blow across your face, whipping through your hair, and gliding across your arms and body.
The moon above glows brightly and lights the way.

Suddenly, sunlight begins to glow faintly just over the horizon ahead of you: the sky above the horizon blazes in amazing purple, pink, red, and orange colors, as if the sky were an ember in a giant fire.
The sunrise is so beautiful, it fills your heart with joy.
Over the next few minutes, the sun rises from the horizon into the sky above, lighting it up in a dazzling blaze of colors until the sky eventually glows in a stunning and soothing panorama of blue.

Now you feel your body tilt further downward, and you dip steeply toward the earth below.
You pass through a bright, white cloud and feel its cool moisture on your face and shoulders.
Then you see an enormous, blue ocean below you.
You fly at an amazing speed toward the rippling water below.
You think maybe you're going to crash right into the water.
But suddenly as you approach the surface of the ocean, you swoop and curve and soar just inches above the water's surface.
You feel tiny droplets of the water splatter onto your face from the little waves rippling on the water's surface.

Suddenly, two beautiful dolphins, one on each side, begin to swim beside you.
You can see them racing just below the water's surface, like shadows racing alongside.

Abruptly, they jump up out of the water and dive back in, splashing you with a light spray of ocean water.

They chatter and chirp, as if giggling with glee at this race they're having with you.

Then you spot an island ahead.

A small, tropical island with a sandy coastline, tall and lean coconut trees, and many green and vibrant plants.

The island is still far away from you and small in the distance, but it gets bigger and bigger as you race towards it.

The dolphins jump and dive on each side of you, then stop.

They bob their heads above the water.

They chirp and chatter, nodding their bottle-shaped noses toward the island, as if telling you to go there.

You smile and wave goodbye to them and race on toward the island.

You can feel the warmth of the sun on your back.

You dip your hand in the ocean underneath you: your hand creates an arc of wet spray.

The ocean is cool and refreshing.

Suddenly, you slow your flight.

The water becomes crystal clear as you approach the beach ahead.

You look below you and see right down to the ocean bottom, which you estimate to be about five feet below and getting shallower as you approach the beach.

You see translucent jewels sparkling on the ocean floor below: rubies, sapphires, diamonds, emeralds—all glimmer and flicker in the sunlight that shines down through the water.

It is a spectacular explosion of shimmering flashes of rainbow colored sparkles of light.

It makes you smile.

You then reach the sandy beach.

Your feet touch down onto the sand, which is grainy and sun-warmed between your toes as you land on your feet.

You then hear the laughter of children.

You look to the side and see several children dressed in native clothing running toward you, giggling and smiling.

A big, old, black and white, furry dog runs alongside them.

One of the kids, a girl, reaches you first and says, "Hi, my name is Princess Mahina, and these are all my friends. We'd like to be your friends too."

Princess Mahina shakes your hand: her handshake is friendly and delightful, her smile big and sincere.

She makes you feel very welcome.

The other children surround you and pat you on the shoulder and ruffle your hair. One gives you a giant hug.

The big, furry dog, whose name is Bongo, barks playfully.

They make you feel so welcome and cherished, like you've all been good friends for a very long time.

"Let's play a game!" one of your new friends shouts.

"Yeah!" the others chime in.

"Coco-blast!" everyone yells out in unison.

One child, a boy named Keoki, then draws a small circle in the sand and stands in the middle of it with a big, thick stick in his hands.

One of the other kids then draws a much bigger circle around the small inner circle, like a vast ring around a bull's-eye.

Everyone then stands at equal distances from one another around the perimeter of the outside circle.

Princess Mahina goes first: she leans back and then steps forward and throws a coconut at Keoki in the middle of the inner circle.

With a powerful swing of the bat he tries to hit the coconut.

Keoki misses it and spins around and loses his balance, regaining it just before he falls over.

The other kids all cheer and yell out at Princess Mahina, "Good toss! You got a coco-miss!"

The next kid then throws the coconut at Keoki.

This time, Keoki hits the coconut with such might that it soars over everyone's head.

"Yay!" everyone yells out. "It's a coco-blast! Keoki gets ten points!"

Bongo barks and goes chasing after the coconut and brings it back to the kids around the outer circle, dropping it at one of their feet.

"Thank you, Bongo," a girl named Lahaina says.

On the next toss Keoki misses again: "Another coco-miss!" the kids scream out. He then gets four coco-blasts in a row: "Yay! Coco-blast!" the kids cheer each time.

He then gets his third, and final, coco-miss.

"Aww," everyone groans.

But Keoki ends up with fifty points, a very good coco-turn.

Now it's your turn.

A girl tosses the coconut at you.

You rear back and swing at it with all your might.

Wiff!

You not only miss, but the momentum of your mighty swing spins you around and you lose your balance and fall onto the sand.

“Aww,” everyone groans, “a coco-miss.”

A girl named Kalani then walks into the inner circle and helps you up.

“Keep trying,” she says to you with a big smile. “You’ll get the hang of it.”

So you try again.

And miss again.

But Kalani cries out to you, “Don’t swing so hard. And keep your eye on the coconut.”

You take her advice, and on the next throw, you make contact with the coconut.

It doesn’t go flying over the heads of the other kids, however; instead, it lands about a foot away from you, just outside the inner circle in which you stand.

“Yay!” the other kids cry out. “You got a coco-hit. It’s worth one point!”

So, you didn’t get a coco-blast, but at least you got a point—and you get to keep going until you get one more coco-miss.

On the next throw, though, you hit the coconut a little harder, and it flies toward the kids at the outer circle.

One boy reaches up to catch the coconut—which would be an out were he to catch it—but the coconut hits his fingertips and bounces off, landing behind him.

“Oh, man, I would’ve had a coco-out!” he yells.

“Yay, you got a coco-blast!” the other kids cheer for you.

It’s your first coco-blast, and you jump for joy.

Again Bongo retrieves the coconut: “Thanks, Bongo!”

You then bat again ... and again ... and again.

By the time you get your third, and final, coco-miss, you end up with two coco-hits and two more coco-blasts, for a total of thirty-three points.

“Not bad,” Kalani and Keoki say to you. “Very good, actually.”

After everyone has a chance to bat, the points are compared.

With thirty-three points, you have the third highest total.

“Pretty good for you first try,” Princess Mahina tells you and ruffles your hair.

“Thanks,” you reply.

All of the other kids congratulate you too.

They think you’re awesome.

After the game of coco-blast, you join the others in a rest by lying down in the sand.

You feel the grainy, dry, balmy sand underneath you: it feels warm and soothing on your back.

You dig your toes into the sand and feel its smooth grains sift between your toes.

You dig your fingers into the sand and feel its smooth grains slip between your fingers like dry water.
You watch a solitary puff of white cloud float by in the vast blue sky.
You then see two white birds twirl around each other playfully in the sky and then flutter away.
You feel the sun beam down and warm your skin, from your toes to the top of your head—all warmed radiantly by the bright, tropical sun.

Bongo then walks over and plops down beside you.
You roll onto your side and snuggle Bongo, who feels like a giant, furry teddy bear in your arms.
You close your eyes and the sunlight lights up your eyelids in an orange glow.
You concentrate on the feeling of the sun warming your skin.
You then notice the grainy, dry sand against the side of your body and between your fingers and toes.
You hear the calling of sea birds and the constant *woosh, woosh* of the waves rolling onto the beach and the *fizz* as the frothy waves retreat back into the ocean.
You smell the salty ocean air and a faint coconut oil scent from Bongo's fur, and you can taste a light saltiness collecting on your lips from the salty ocean air.
All of these sensations are so peaceful and soothing, that as you lie there, your body is utterly relaxed and cozy.
And you can feel yourself getting sleepy.
Very sleepy.
And as you lie there all snugly and drift off into sleep like the little cloud drifting away in the sky, you know that anytime you want, you can come right back to this wonderful island ...
And race the dolphins ...
And see the sparkling jewels on the ocean floor ...
And play with Princess Mahina, Kalani, Keoki and your other new friends ...
And hit coco-blasts ...
And lay on the beach ...
And snuggle Bongo ...
And be safe ...
And happy ...
And sunshiny warm ...
And peaceful ...
And listen to the little ocean waves ... rolling onto the beach ... and gently tumbling back into ocean ...
Over and over again ...
Woosh ... woosh ... woosh woosh ...

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