



EMBODIED HEALING ARTS

# Inviting Visions- Key Strategies

*"But I am not getting anything"*

This is a phrase you will frequently hear as a facilitator of Integrative Pelvic Health and Holistic Somatic Healing. It may be after a body exercise that students are telling you that they are not feeling "anything", or after an inner dream journey. With the exercises, simple repetition or changing of position in space (coming to lie down on the back with knees flexed, come to lie on the side or on all fours resting on the forearms) will usually work.

If you encounter this issue after a dream journey, you may have to try a few tools to get the woman to trust herself. Remember, it is most often the case that we are taught to ignore our most basic feelings and intuitions, and many of us dismiss our hunches before they can even arise. The intuitive side of this work is all about not judging that, and making it easy for women to reconnect to a basic sense of intuitive guidance.

Here are the steps you can take to make sure your participants are comfortable in beginning to re-open their magical doors of perception. Step 1 is recommended for all sessions as it helps immensely for the rest of your time together. Make sure participants either bring or always have available through you a pen and paper. You can also offer colour pens so that visions can be drawn out.

## **1. At the beginning of your session or group workshop, introduce dream time.**

*The easiest way to do this is to share these words with your participants:*

*"Today we will work with dream time. Dream time is a state of consciousness where we simply allow everything to come to us, where all that happens in our rational mind, in our imagination, in our intuition and in our body is part of the sacred messages we are meant to receive. Take a moment to close your eyes. Notice the first thought, word, image, colour, or feeling that comes to you. Take note of what it is. Now open your eyes- this is dream time. Take a moment to write it down [this is important]"*

**2. As you guide participants into the dream journey, ask them to allow their imagination to tell the story.** You can literally say: *"Allow your imagination to tell this story."* This will help them know that it is not meant to be a booming, massive revelation they receive, but that their imagination *is* that portal through which the channeling happens.

**3. Once you come out of the journey, some participants may have nothing to write down or feel like they didn't get any vision.** In this case, ask them a simple question: *"If you didn't feel like anything arose during the dream journey, ask yourself how you feel right now, in this moment. If a good friend asked you how you are feeling, what would you tell them now? Allow your words to flow from there"*. Often times this simple prompt will unblock a lot of things, and even make them remember that they received something in the dream journey after all.

**4. If the participant at this point is still not writing, accept that this is the path she has to take at this time and know that it is all a process.** Allow the session to move forward, and in a group session, allow the group to speak about what they saw and experienced. This will often awaken something in that participant and eventually give her exactly what she needs.

**5. Add a bonus message: Ask everyone to draw an oracle card at the very end.** This allows even those who felt like they didn't get a strong insight during the session to feel like they are going home with a clear message.

Throughout it all, know that it is normal that some women will simply need more time, and that it is never about you, but about their own process- always. These 5 steps will help you make sure you are ready for pretty much all scenarios.