Reflective Practices: Guided Imagery Exercise

**Materials needed:**
None

**People needed:**
4 or more (works best with larger groups)
1 facilitator

**Instructions:**
Have everyone sit in a circle comfortably. The facilitator or group leader will ask the entire group to close their eyes and imagine an object or scene. For example, the facilitator may ask everyone to imagine a campfire.

Take a minute or two while everyone sits, eyes closed, and brings up the image of a campfire in his or her mind.

Next, take turns going around the group and describing what was imagined. One person may say that she imagined the entire group sitting around a large flame that flickered and sizzled as it sent embers into the night sky. The next person may describe a low, smoky fire with many people huddled around it. Listen to each person’s description and notice how many different images arise from a single concept.

**Reflect:**
When meeting with a group, we all bring different histories, experiences, and visions to the table. This exercise brings those differences to the surface and celebrates them. Notice how your own concept of a campfire changes as the other group members describe what they imagined. When working in a group, it is good to be aware of the various viewpoints around you and to listen deeply to what others are bringing to the table.