

Wise Being Guided Visualisation

Taken from 101 Coaching Supervision Techniques, approaches, Enquiries and Experiments
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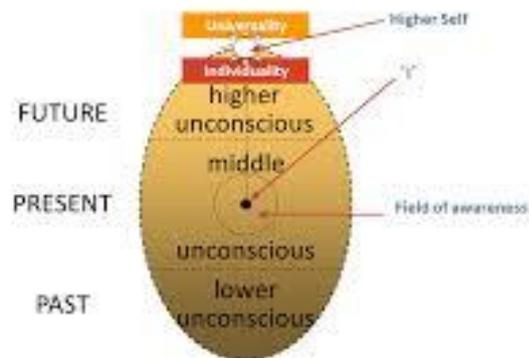
When is this used?

This guided visualisation is useful when a client wants to connect with the wisest dimension of themselves.

It helps enable wise decisions especially at times of dilemma, anxiety, paradox and complexity. It can also help build the client's confidence in their intuition and in their 'Higher Self' as a principal instrument in the coaching relationship.

What is the technique?

The client is encouraged to use their imagination as a route to access their inner wisdom. It is well known that envisioning something helps us work towards it. Images have what we call 'motor force' – they act like a magnet, propelling us to achieve what we imagine (Lakoff, 2004).



Step 1:

Contract to use this technique.

To guide an appropriate journey for your client, find out where they feel most fully alive, joyous, connected, clear sighted, at peace. Wisdom is generally seen as transcendent, so the typical journey goes towards height and light. e.g. up a mountain.

However, for many people wisdom is intrinsic: their journey goes inwards, into the ocean, the mountain's heart, the forest – but still always in connection with Nature.

Step 2:

Settle the supervisee with a brief relaxation breathing technique.

Step 3:

Guide them on a journey towards their Higher Self.

Here is an example:

- 'You find yourself in a beautiful meadow.'
- 'What can you see, hear, feel, smell ... ?'
- 'You will be going on a journey ... what might you take with you ... ?'
- 'You are traversing a wood, the light is dappled, you find your way ... there is a clear pathway ... {or divergent pathways to choose from}'
- 'You see ahead a mountain which you will climb (or descend) ... notice the features of the path you are on ... the view ... the quality of the air you breathe.'
- 'As you climb (descend) you meet {natural obstacles, or magical animals, symbolic of their challenge} ... and you overcome them'
- 'Now you have arrived; what do you see, hear, feel?'
- 'You notice there is someone {perhaps human, perhaps animal} coming towards you, welcoming, benevolent. It is your Wise Being and they have come expressly to meet you and support you'.
- 'You engage in conversation with your Wise Being. You might wish to ask them, e.g. What should I do in this situation? What is my first step? Listen for the answers, which may not come verbally. Trust what comes without judgment.'
- 'Your Wise Being gives you a gift. It is a symbol of your solution to your issue. Note how you feel on receiving this gift. You put it somewhere safe and within reach ...'
- 'Express your thanks and goodbyes, and take leave of your Wise Being, knowing you can meet with them again at any time.'

Step 4:

Bring the client back to the here and now.

Step 5:

Invite the client to describe key moments and especially the encounter with their Wise Being. This could be done verbally or through drawing.

Step 6:

Capture key points, insights and any actions the client wishes to take. Perhaps source a real object that symbolises their quality of wisdom, represented by the gift.

How to work with the technique ...

While you will craft the journey to suit your client, it is common for the journey to go through similar stages,

- 1 Start in a safe place
- 2 Go on a journey
- 3 Make a transition
- 4 Meet and overcome challenges

5 Encounter the Wise Being

6 Conclude the journey.

In stage 4 guiding them to overcome obstacles helps instil confidence they can do so in real life. Importantly, let them imagine how they overcome them. Be light, be creative and keep the pace fairly brisk; ensure the narrative elements are connected to the supervisee's issue and encourage them to tap into all their senses.

What other uses are there for this technique?

You can also introduce the concept of a wise being into an ordinary conversation without a guided visualisation, e.g. 'What would the wisest person you know do/say in this situation?'