

DIRECTIONS FOR THE PATH

Suggestions for Preparation and Relaxation

Review “The Mind-set for Getting Clarity” a few pages back and refer to the preparation and relaxation processes at the beginning of “The Directions for You and Improved.” Make a habit of quieting your mind anytime you start a visualization.

The Visualization Script

Close your eyes. Visualize yourself on a path. Notice what the path looks like. Really take it in. Look left. Look right. Look overhead and all around you. Turn and look behind you.

As you look around this path, see everything that led you to this point. See also what you’re moving away from.

Now turn and face the horizon. Start to move toward it, noticing your surroundings as you go. Notice what’s in your way as you travel. Notice if there are any other people nearby. Notice suddenly your biggest obstacle. What is it? Study it; understand it. Now see yourself moving past it toward your destination.

Give yourself time to travel, noticing any changes that occur as you move along the path. What do you see?

See yourself arriving at the end of the path. What is this destination? What is the spirit of this place? Notice how you feel as you stand there.

Picture a sign nearby with a message. The message contains advice or wisdom for you now. What does it say?

See yourself sitting down. Take in the view from where you are.

You are going to leave this place in a moment. Stay as long as you wish, then open your eyes.

Take some notes while the experience is still fresh so you can revisit this visualization again.

Questions for Reflection

1. Where does the path lead?

2. What kinds of people are on the path with you?

3. What kind of landscape does it pass through?

4. What is the destination like?

5. Is there a message for you, or any other kind of sign?

Questions for Interpretation

1. What does the imagery you visualized mean to you?

2. What does your path tell you about your leadership—both where you are now and where you are going?

3. What does the journey tell you about your process of growth and development—how you are going along now and how to continue?