

DEEPENER: The Garden of Tranquil Reflection

By Rene Bastarache, CI

Imagine you are standing in a serene garden, ready to embark on a profound journey,

"Imagine a gentle, winding river that flows through this garden. This river is a symbol of your inner calm and peacefulness. It mirrors your state of relaxation and serenity, just like the tranquil river of your mind."

"Observe the water's surface, as it reflects the soft glow of candles and the vibrant colors of the flowers that surround you. The river's gentle, soothing flow is like a melody that eases your mind and soul."

"Imagine that any lingering tension, stress, or worry is transformed into petals that gently float upon the river. Watch them as they drift away, leaving you feeling lighter and more serene with each passing moment."

"As you continue to breathe deeply, each inhale fills you with a sense of tranquility, while each exhale releases any remaining tension. With each breath, you deepen your connection with the calming river."

"Now, imagine yourself wading into the river, feeling the water's gentle embrace as it supports you. You are weightless, comfortable, and at ease as you float upon its tranquil surface."

"Feel yourself being drawn deeper into this peaceful state, where your mind is open, your heart is ready, and your connection to your loved one is within reach. The garden and the river are here to guide you into a deep and peaceful relaxation."

"Embrace this profound relaxation, knowing that you are safe, supported, and ready to connect with the presence of your departed loved one. Just like the garden, you are in a place of serene reflection, and this is where your connection begins."

Day of the Dead Celebration Script

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SESSION Begins

"Now imagine that you are back in the garden again, surrounded by the soft glow of candles and the delightful fragrance of blooming flowers.

You notice that there's a path that leads to a peaceful gazebo at the center of the garden, a sacred space filled with love and cherished memories." You immediately begin to walk towards it...

"Once you arrive, you enter the gazebo, a comfortable chair invites you to sit and relax. In this safe and loving space, a place where you can meet your loved ones.... It is now time...

Connecting with Departed Loved Ones

Suddenly your departed loved one appears before you. They emanate love, peace, and a comforting presence, embracing you with warmth."

"Take a moment to embrace the presence of your loved one. Feel the love and connection you share, a bond that transcends time and space."

"Engage in a heartfelt conversation, sharing your thoughts, feelings, and memories. Your loved one listens attentively, offering wisdom, comfort, and encouragement."

Questions to Ask:

What message or advice do you have for me?

Allow your loved one to impart their guidance and wisdom, offering you comfort and direction.

What is your favorite memory that we shared?

Together, revisit this cherished memory, reliving the joy and love that filled that special moment.

Is there anything you want me to know about our time together?

Listen with an open heart as they share insights and reflections on your time together.

Can you share a funny or heartwarming story from your life?

Invite laughter and warmth as your loved one shares a delightful and heartwarming memory.

Do you have any messages for our family or friends?

Open yourself to conveying any loving messages or guidance your loved one has for others.

It's there's anything specific you want to ask of them that's personal, you can do it now...

Take the time to receive an answer until you hear my voice again...

Expressing Gratitude and Farewell:

"As your conversation comes to an end, express your heartfelt gratitude to your loved one for this precious time together. Feel their love and warmth surrounding you."

"Know that this connection remains in your heart, and you can revisit this garden whenever you seek their presence and guidance."

INSERT AWAKENING HERE: