

The Avanti PRE Curriculum

Exercise Sheet 7.5.2a

“Guided Visualisation: Getting Advice from Within”

The Exercise Sheet is for use by the teacher.

You may wish to enhance this text before using it, or as you use read it. We recommend that you first get students to sit comfortably, relax and concentrate, possibly using yoga techniques (as pertinent to this lesson).

1. Please think of some possessions that are most dear to you; somethings you really like and value; possessions you might hate to lose. As you think of them, notice how they make you feel.
2. Now think of something that you might be too attached to (perhaps for selfish reasons). Again, picture it in your mind; see its shape colours; notice how it feels.
3. Now, move your mind towards someone – a person - who is dear to you; perhaps a parent, an relative or very good friend. Imagine you are with them. You are happy chatting together. Notice how you feel in their company.
4. Now as you talk, your very dear friend, starts to give you some advice about what you are too attached to. Remember, they speak for your benefit. Be still and listen to them for the next minute; carefully hear what they say.
5. Now, please start to open your eyes and come back to the classroom. Finally, now you are here again, please take one minute to write down the advice you heard.