



Four Aspects Meditation SAEM Med Bag Carrier Instructions & Story

1. When leading a client through these meditations remember to hold the visualization in mind. This aligns you to them.
2. Go slowly. Speak slowly and evenly.
3. Encourage breathing even if it is not indicated in the script.
4. I fill in a lot of details. Feel free to do this. The more colorful the description the better. But it is a fine line. Too much talking as you lead stifles the creativity of the client which you want to encourage.
5. If your client is not very visual anchor each experience in the body by having them place their hand on a body part and massage or squeeze it as you move through the exercise. For these people more breathing is helpful.
6. Have the client sit up unless there is a physical reason they cannot. If they lay down they may drift off to sleep. Keep them awake. Touch their arm or shoulder gently and say: *Please stay awake*. It is important for them to stay present for this experience.
7. I tell my clients this is an interactive meditation and I ask them to describe things while I record what they say. If you are a slow typist or doing this will through you off- you might record the session for them so they have a record of their experience.
8. You have my permission to change the meditation and to make it your own. Your own voice and rhythm is always preferred. Let me know how you do and tell me about your discoveries. This is always interesting to me.
9. Always bring people back to where they started at the end and if you have them take off clothes or put something down make sure to have them put their clothes back on and pick things up before you leave. No clutter allowed in the 4 Aspects Realm. Everything has value and use.

Outline of the 4 Aspects Meditation Story:

©2021 Desda Zuckerman

All rights reserved. Not for Duplication. For SAEM use ONLY.

www.yoursacredanatomy.com



They will describe this journey for you and you can record it for them by typing or voice recording. Don't let them take notes.

- Begin walking out their door and through a garden gate onto a path into a forest.
- Describe the flora and fauna of the beginning of the path in detail- this drops you and the client into the meditation
- Follow the path down into a valley past different foliage. Note animals, insects and birds.
- In the distance they can hear a creek or stream.
- Come into a clearing in the forest. The light is pouring down onto a stump in the middle of the clearing.
- This is a magic stump that shapes to their body. This is a good start on deep play and imaginal thinking.
- On the stump they relax deeply- a friendly animal/creature comes to them and touches their hand.
- Develop the connection with this animal very quickly.
- Continue on down the pathway lower into the valley- come around a bend and cross the stream on a tree trunk.
- Continue on the path on the other side of the stream go around a big boulder and discover a beautiful big meadow.
- Here stop and feel this is the special place- the site of your very own temple for the 4 Aspects.
- Begin by building a wall- very tall and sturdy. The can build it out of any element: water, fire, steam, ice, earth, smoke, gas, wood, rock, crystals, anything their imagination can find.
- Ask them to tell you when it is finished.
- Then tell them to add a doorway through the wall
- Passing through the wall suggest they notice it is a now a big, big building- suggest it is so tall that the ceiling has weather- in the distance they see in the middle of the big space 4 thrones on 4 raised platforms.
- Approaching the first throne – the Physical- Make sure they greet the Aspect-
- Ask for a description of the Physical Aspect.
- Ask about: Form? Shape? Colors around the Aspect? What it is wearing? Is there an animal with them? Are they holding something? Do they have hair? Eyes? Anything more about how they appear?



- Ask how old they are?
- Turning to the next Aspect make sure they thank the Aspect before moving on.
- Do the same thing for the rest of the Aspects- always take them in this order: Emotional Aspect/ Mental/Intellectual/Psychological Aspect and Spiritual Aspect.
- Turn around and see a round table with 5 chairs. Invite all 4 Aspects to join them at the table.
- Ask the 4 Aspects to all align with the age of the client. This begins a deeper alignment.
- At this point they can ask the 4 Aspects for support in any way they want. They can ask for a shift in behavior and energy, health and well being. ANYTHING is relevant!
- The key to remember is that the client is the Chairman of the Board, the leader of the pack, the jefe and can ask for ANYTHING they need to be more successful, happier and healthier.
- Complete the conversation by thanking the Aspects and telling them they will be back.
- Walk out of the building, through the door, past the boulder, across the stream, up the path, into the clearing, touch the stump, continue up the path to the garden gate, then to their door and into their chair.
- Take 3 deep breaths and open eyes.