



Sacred Depths Certification

Embodied Visioning Exercise + Template

Here is a Visualization you can use to help clients lean into and clarify their Visions. If you are working 1:1 with a client, I HIGHLY recommend using this template as a jumping off point as you listen deeply to what your client shares, and then craft questions based on it.

You can also use this template with groups.

1. Before holding space for visualization, ask client what it is they would like to vision – a new daily routine? A new career or better job situation? Romantic relationship? More aligned version of their marriage? New program? Etc.

I am going to use some questions below specific to a goal of a more aligned marriage as an example, and you can adapt based on client/clients' goals.

2. Invite clients to close their eyes if they feel comfortable doing so, and to start noticing their breath and to connect inwards as much as they feel comfortable.
3. Ask them to sense into their body and find where in their body the deep desire for an aligned marriage lives. Connect into this part of their body. Really be with the goal and the desire for an aligned marriage.
4. How does this desire feel in your body?
5. Ask the desire what it wants you to know about your WHY it's time for you to have a more aligned marriage?
6. Ask the desire to reveal to you what's ready to be revealed about this aligned marriage.

7. What is the energy of this aligned marriage? What energy is this aligned marriage infused with?
8. What does time spent together look like with your partner in this aligned marriage? How does it feel when you spend time with your partner in this aligned marriage?
9. Remember to breathe and really continue to connect into your desire for this aligned marriage. Really be with yourself, with your body.
10. What is different about the ways you communicate with each other in this aligned marriage? What do you believe about yourself and your partner as you communicate?
11. What is sex like in this aligned marriage? How are you and your partner intimate?
12. How do you share responsibility in this aligned marriage? How does that shared responsibility feel?
13. Continue to be with your vision. See what else wants to be revealed.
14. Connect with your body and ask it what is the most important piece of wisdom you need to know about this aligned marriage?
15. Ask your body what the very next step is that it would like to take.
16. Take a few more moments. Thank yourself, your desire, your body, your vision that is starting to come to life for all the wisdom and inspiration it has brought today. When client is ready, they can open their eyes.