

Helen Adrienne, LCSW, BCD
420 East 64th Street – E1C
New York, New York 10065
212-758-0125
helen@helenadrienne.com
www.helenadrienne.com

**SAMPLE TRANCE SCRIPT
THE LABYRINTH ©**

Allow yourself to take a generous cleansing breath ... as if to declare ... that right now ... all that matters is being ... and breathing in the now. Shift your attention to the entryway of the labyrinth... the entryway—an invitation to arrive at the center ... to arrive within. And when ... you arrive in the center, the time will have come ... to just be. Allow yourself the luxury ... and excitement ... as you look forward ... to experiencing the mystery ... of *all* the possibilities which are within ... you. Using a colored pencil, begin to slowly ... very slowly ... follow the path. When you notice that you are moving slowly, slow down even more and even more. Enjoy the process.

A labyrinth is a labyrinth. A labyrinth is different from a maze. There are no dead ends in which to get stuck. You can follow, very slowly follow, the twists ... and turns ... and you can be guaranteed success ... and the feeling of empowerment at arriving ... inward.

Labyrinths take advantage of the scientifically studied physical and emotional well-being that comes ... from the balance achieved ... from traversing ... the four quadrants of the circle. You will notice that every motion in the upper left ... will be repeated in the lower right. And every motion ... in the lower left ... will be duplicated in the upper right. The brain likes this balance, balance that it, your brain, will feel and trust ... when you arrive in the center ...

Round and round ... nearer is further and further nearer. Perhaps by now you may have noticed this irony. When you are closest to the center ... you are further away from entering this place ... of solace. Be aware that when you are nearer to the center ... the twists and turns come in quick succession ... mimicking life itself. The greatest moments of creativity can come ... when you are most disoriented ... can they not? And are you surprised that when the curves seem more leisurely and distant from the center ... you are actually closer to the entry? Our journeys often turn out to be different than what we expect. And do all of these different twists and turns ... remind you of something important in your own experience?

This labyrinth ... which can be found on the floor in the Chartres Cathedral ... was originally intended to be a walking prayer. Each turn was called a clew, C-L-E-W ... because it was understood to give a clue C-L-U-E to inner awareness.

OVER

(Depending upon how slowly your client has been traversing the course, you may need to ad lib or learn to speak more slowly yourself.)

And now ... here ... as if in the calm eye of a storm ... close your eyes ... take a generous breath ... and let the journey settle within ... you. Perhaps random thoughts are visiting you ... asking to be respected. Perhaps you are surprised by a gem of a memory that is emerging into conscious awareness from this place of balance, groundedness and connection. Perhaps you are preparing for tonight's dream ... or tomorrow's realization.

I'll now be quiet for a bit to allow you to be with and capture your thoughts.

From this central place, now gently open your eyes ... and take a moment to capture what feels essential. Notice how you are able to claim as yours ... that which has come from within the labyrinth of your mind.

Now select a different colored pencil. And once again ... feeling ready to emerge, begin to leave the center, slowly, purposefully, breathing freely. Feeling centered. The way in **is** the way out. You can continue to be transfixed ... by the simplicity of the activity. You can value the time spent winding and wending from outside in... and now from inside out. As you reverse the journey, you can anticipate ... that your unconscious mind will continue to enjoy this time ... this slow motion time, as you complete the balancing of your brain by wandering in the reverse direction ... thus feeling complete. You can feel inspired ... with each inspiration ... inspired to feel connected to your own strength and resources ... as you bring out from the center ... what? Breathe into your inner wisdom and breathe your inner wisdom in ... as you remind yourself that the labyrinth was conceived ... and born from the wisdom of the ages. Be open to that wisdom ... as you experience yourself emerging from the center slowly, slowly. Feel the serenity as you follow the path. You can vow to allow ... insights from your intuition. And you can wonder ... about the ways in which you are better prepared to deal with whatever comes your way. Keep in mind that this experience will continue to evoke memories ... realizations ... shifts ... and what? The path out is just as clear and *unobstructed* as is the path in. A labyrinth is a labyrinth. A labyrinth is not a maze. Such is the nature of the labyrinth. **And it can be truly a-mazing.**

(Ad lib if necessary)

And if you need to, take a moment to collect your thoughts to complete this experience.