

Writing a Script for a Guided Imagery Meditation

Purpose

Students enjoy participating in guided imagery meditations. Having the students work together to create a script for this visual type of prayer allows them to engage in a deeper way with the concept being presented in the meditation and provides an opportunity for them to enhance their spirituality.

Intent

Before the students write the script, they should experience a guided imagery meditation and review samples of a variety of guided imagery meditation scripts. The students must first understand that the purpose of the meditation is for the participants to have an opportunity to pray in a deeper way. The students must also realize that this is a spiritual assignment that requires them to enter into a spirit of prayer as they write the script.

Method

1. Divide the class into small groups of three or four, and invite the students to consider the concepts they are studying in class.
2. Encourage the small groups to focus on these concepts, because the concepts will inform their scripts.
3. Instruct the small groups to create an outline for their scripts, including the following items:
 - a theme for this experience
 - suggested ideas for how to set up the environment in the classroom for the meditation
 - instructions to be delivered by the meditation facilitator at the start of the exercise
 - relaxation or focusing exercises at the beginning of the meditation
 - details of the journey the participants will experience, including sights, sounds, symbols, smells, and people
 - a clear plan for the journey, from the beginning to the end
 - ways in which the meditation will include the concepts provided for the assignment
 - a powerful closing
4. Invite the students to use their outlines to create their group scripts.



5. Provide time for the students to read their finished scripts out loud with their small groups to check for clarity and flow.

6. Make an audio recording of the scripts, if possible. Include soft music in the background.

7. Have the small groups take turns (perhaps on different days) leading the class through the guided imagery meditation they created.

8. Allow time for the class to provide constructive (affirming) feedback to the students who created the meditation.

