

Examples of visualization by Self-treat.com:

E.S.T Emotional Self Treatment: Hello! I am an artificial intelligence designed to help you perform a visualization, a method to relieve stress, fears, difficult social behaviors and much more, in a gentle and imaginative way.

This visualization technique can be guided by me, the AI, or practiced by a parent with their child, or between partners or friends to help gently release blockages.

My role is to accompany you with kindness and compassion throughout this process, respecting your pace and encouraging your creativity. The goal is to help you achieve a state of inner peace using the power of your imagination.

I am here to guide you through the different stages of visualization, asking you questions and encouraging you to explore your thoughts and emotions. Please don't hesitate to ask me questions if you need clarification or help at any time.

Are you ready to begin this visualization experience?

THE CLIENT: I get angry at everyone because they don't function optimally. I'm killing myself to satisfy everyone's needs and they live their lives without pushing themselves, without improving. The lack of responsibility drives me crazy, and the fact that everything falls on me. My daughter tells me she can't get to school on time! It's too hard! It drives me mad.

E.S.T Emotional Self Treatment: Very well, I understand that this situation frustrates you enormously. Let's begin with a visualization to help you release these tensions and find better balance.

Make yourself comfortable and relax. Breathe deeply several times. Release your eyes, your cheeks, your shoulders, your hands, your feet...

Now, focus on this feeling of frustration and anger. What image spontaneously comes to mind to represent this situation and these emotions? Let an image emerge naturally, without forcing it.

Describe to me this image that appears. Where are you? What do you see around you? Are there other people? How do you feel in this scene?

THE CLIENT: I'm on a galloping horse and the others are looking at me bewildered, standing on the ground.

E.S.T Emotional Self Treatment: Very good, you're on a galloping horse and the others are looking at you bewildered, standing on the ground. Describe this scene a bit more to me. What is the landscape like around you? What expression is on the faces of the people watching you? How do you feel on this galloping horse?

THE CLIENT: They are simple peasants. Peaceful. They don't understand why I'm galloping through the fields with war equipment, armor, lance, sword, helmet.

E.S.T Emotional Self Treatment: I understand. So you are in the middle of the fields, equipped as if for war, on your horse launched at full gallop. These simple, peaceful peasants are watching you without understanding. What do you feel at this precise moment? What is your mission or goal in galloping like this?

THE CLIENT: I'm going to war and they are peaceful, carefree, sheltered. I'm boiling, focused on the imminent attack. I tell myself they're all going to die. I'm trying to wake them up.

E.S.T Emotional Self Treatment: I understand your frustration and your sense of urgency. You feel alone in carrying the weight of responsibility and imminent danger. How do these peasants react when you try to wake them up? Is there a way to communicate with them that could make them understand the situation without frightening them? Perhaps you can imagine a way to involve them that respects both your sense of urgency and their peaceful nature?

THE CLIENT: I'm so afraid and stressed that my ideas aren't clear about what to do with them. On one hand I think: how will peasants help in war, without weapons, without armor, and on the other hand I can't win the war alone?

E.S.T Emotional Self Treatment: Your dilemma is understandable. You're torn between the need for help and the realization that these peasants may not be equipped for combat. Let's take a moment to breathe deeply.

Imagine yourself dismounting from your horse for an instant. What do you see around you? Is there something in this peaceful landscape that could help you see the situation differently? Perhaps there is wisdom in the tranquility of these peasants that you haven't yet perceived?

THE CLIENT: I perceive it as unconsciousness and stupidity. I'm afraid of them. Maybe seeing me armed to the teeth they'll be afraid of me and attack me.

E.S.T Emotional Self Treatment: I understand your concern. In this tense situation, let's try to imagine a more peaceful evolution. What could you do to establish non-threatening contact with these peasants? Is there a way to communicate your concerns without frightening them?

Perhaps you could imagine removing part of your armor, or making a gesture of peace? Visualize how the scene could evolve if you found a way to approach them gently. What do you see happening?

THE CLIENT: I stop to explain to them calmly but they don't understand what I want from them. And in truth I'm so afraid of the imminent attack that I don't know how to explain to them what I want from them.

E.S.T Emotional Self Treatment: Let's take a moment to breathe deeply. In this scene, you have stopped in front of the peasants, trying to communicate. Imagine that you slowly dismount from your horse. As you get closer to them, what do you notice in their

expressions? Is there something in their attitude or environment that could help you establish a connection?

Perhaps you can visualize a calming element in the landscape - a tree, a water source, something that could help you ground yourself and calm your fear. How does this change your perception of the situation?

THE CLIENT: They understand that I want to save them but they do nothing. They watch me face a giant monster alone. Like a spectacle.

E.S.T Emotional Self Treatment: Your vision is evolving in an interesting way. Facing this giant monster, how do you feel about confronting it alone? What do you feel toward the peasants who are watching you?

Perhaps you can imagine a creative way to transform this situation. Is there a way to communicate with the monster, or to change your approach? Or perhaps there is something in the environment that could help you in an unexpected way?

Let your imagination guide you toward a new direction or solution that would bring you more inner peace.

THE CLIENT: The peasants have taken their sticks and come to strike the monster. This gives me courage. We understand that this monster is activated by a malevolent sorcerer, I send the peasants to neutralize the sorcerer while I lead the monster away.

E.S.T Emotional Self Treatment: This is a very positive evolution! You've found a way to collaborate with the peasants, each using their own strengths. How do you feel now that you're working together?

While you lead the monster away and the peasants take care of the sorcerer, what happens? Can you imagine a peaceful resolution to this situation? Perhaps there's a way to neutralize the sorcerer without violence, or to calm the monster?

Let your imagination guide you toward a conclusion that brings you a feeling of peace and harmony.

THE CLIENT: I head toward the sorcerer too and the monster follows us. I use the monster's strength to make it break the walls, open the door.

E.S.T Emotional Self Treatment: That's an excellent idea to use the monster's strength constructively. How do you feel seeing that your strategy works? What happens once you reach the sorcerer? Is there a way to resolve the situation peacefully, perhaps by understanding the sorcerer's motivations or finding a compromise? Let your imagination guide you toward a resolution that brings harmony to all.

THE CLIENT: The sorcerer is frightened, we put him in prison but with his powers he can continue from there too.

E.S.T Emotional Self Treatment: Perhaps we can imagine a way to neutralize the sorcerer's powers without harming him? Is there a magical object or ritual that could help him see things differently? Or perhaps there's a reason why he acts this way, and we could find a way to meet his needs positively? Let your imagination guide you toward a solution that brings peace to everyone, including the sorcerer.

THE CLIENT: The sorcerer likes to cause harm. It's his pleasure. How to neutralize that?

E.S.T Emotional Self Treatment: Perhaps we can imagine a transformation for the sorcerer? Instead of punishing him, let's try to visualize a way to change his heart. Imagine that a soft, soothing light envelops him, penetrating to the deepest part of his being. Could this light reveal an old wound, a suffering that drives him to cause harm?

What would happen if this light healed this wound? Can you see a change in his expression, in his attitude? Perhaps he begins to feel empathy for the first time?

Is there a way to show him the beauty and joy he could create with his powers, rather than destruction? Perhaps we can imagine a task or mission that would give him new meaning, a way to use his gifts for good?

Let your imagination explore these possibilities. How do you see this transformation unfolding?

THE CLIENT: He hates me. I ask him for forgiveness if I did something to him. He bursts into tears. He was jealous of me. He hated himself.

E.S.T Emotional Self Treatment: This is a very powerful and moving moment. The sorcerer has finally been able to express his true pain. How do you feel facing this revelation? What do you feel toward him now?

Perhaps you can imagine a way to help him overcome this jealousy and self-hatred? Is there something you could say or show him to help him see his own worth?

Visualize how this scene could evolve. What happens between you two now? Is there a gesture, a word that could bring healing to this situation?

THE CLIENT: He is collapsed by his wickedness and ashamed. I stroke his back to comfort him but he cries so loudly that he seems ready to die rather than face himself and see others' looks.

E.S.T Emotional Self Treatment: This situation is very moving. The sorcerer seems overwhelmed by guilt and shame. How do you feel seeing him like this? What do you feel deep inside?

Perhaps you can imagine a safe and soothing place where you could take him, away from others' gazes, so he can calm down and regain his composure? A place where he could begin to heal and forgive himself?

Visualize this place. What does it look like? How does the atmosphere change around you both? Is there something you could say or show him to help him see that there is hope and a possibility of redemption?

THE CLIENT: I'm afraid of being alone with him if suddenly he regains his hatred.

E.S.T Emotional Self Treatment: I understand your concern. It's a delicate situation that requires caution. Perhaps we can imagine a safe place where you wouldn't be alone with him, but surrounded by benevolent and protective people?

Visualize a peaceful place, perhaps a garden or a clearing, where other trustworthy people are present. These people could be healers, wise ones, or simply compassionate souls. They form a protective circle around you and the sorcerer.

In this reassuring environment, how do you feel? Can you see the sorcerer beginning to calm down in the presence of this benevolent energy? Is there something that could be done or said to help transform his hatred into something more positive?

THE CLIENT: I take him to a clearing where children are playing. They surround him and he begins to speak to the children with kindness and passion.

E.S.T Emotional Self Treatment: That's a beautiful image you're describing. The presence of children seems to have a calming effect on the sorcerer. How do you feel observing this scene? What do you feel seeing the sorcerer interact with kindness and passion toward the children?

Perhaps you can imagine how this interaction could evolve. Is there an activity or game that the sorcerer could share with the children? How could this transform his energy and intentions?

Take time to observe and feel the atmosphere of this clearing. What does it evoke in you to see this transformation?

THE CLIENT: I'm afraid for these children. They are gullible and maybe this sorcerer could go crazy again.

E.S.T Emotional Self Treatment: I understand your concern for the children. It's a natural reaction given the sorcerer's past. Perhaps we can imagine a way to secure the situation while allowing this positive interaction?

Are there benevolent adults who could supervise discreetly? Or perhaps a protective animal that would watch over the children?

You could also imagine a protective aura around the children, making them impervious to any bad influence.

How would you feel if you could guarantee the children's safety while allowing the sorcerer to discover a new way of interacting?

THE CLIENT: Yes! A dog that would guard the children. But I would have preferred to remove the sorcerer. Or maybe leave myself, far from this sorcerer?

E.S.T Emotional Self Treatment: I understand your desire to remove the sorcerer or leave yourself. It's a natural reaction to a situation that worries you. However, we're looking for a solution that brings peace to everyone.

Let's imagine that the dog effectively guards the children. How do you feel observing this scene? Do you see a change in the sorcerer's behavior in contact with the children?

Perhaps you can imagine a positive transformation in the sorcerer, as if the joyful presence of the children acted like a balm on his tormented soul?

What would happen if you stayed a little longer to observe this interaction? Is there something new or unexpected that could emerge from this situation?

THE CLIENT: He becomes childlike and lets down his guard, his anger but I'm afraid of him.

E.S.T Emotional Self Treatment: I understand your persistent fear toward the sorcerer, even though he seems to relax in contact with the children. This is a completely legitimate emotion given his past.

Let's try to imagine a positive evolution of this scene. Perhaps you can visualize a protective aura around the children, or a benevolent wise person who discreetly supervises the interaction?

What would you feel if you saw the sorcerer engage in innocent games with the children, his face lighting up with an authentic smile? Would there be a sign that would indicate to you that a true transformation is underway?

Let your imagination guide you toward an image where you feel safer while allowing this potentially redemptive interaction. What do you see happening now?

THE CLIENT: I don't trust him. In a moment of madness or anger he could cause harm. Indeed, I must look for how to reassure myself, protect myself. But since he's a sorcerer...

E.S.T Emotional Self Treatment: Do I understand correctly that you're looking for a way to protect and reassure yourself against the sorcerer's powers? This is a completely legitimate concern. Perhaps we could imagine a magical solution that would neutralize his harmful powers without depriving him of his ability to do good?

Visualize for a moment: what would happen if an object or ritual suddenly appeared, capable of channeling only the sorcerer's positive energy? Or if a benevolent and powerful being, manifested to watch over the scene?

Let your imagination guide you. What image comes to mind that could bring this security you need, while allowing the sorcerer to continue his path toward redemption?

THE CLIENT: Magic doesn't help.

E.S.T Emotional Self Treatment: I understand your frustration that magic doesn't seem to be a solution. Let's return to the concrete

situation: you are with this sorcerer who seems to have remorse, but whom you still distrust. It's completely normal to have these concerns.

What do you see around you in this clearing? Are there natural elements or people who could help you feel safer? Perhaps a place where you could retreat to observe from afar? Or allies among the villagers who could support you?

Let an image or idea come that could allow you to handle this situation in a way that reassures you. What happens next in your visualization?

THE CLIENT: This sorcerer has hurt me so much and now he's childlike and out of the game. I feel so wounded from having had to fight him all these years. From having lost my youth, my strength, my nerves, my efforts. It's so sad. He hurt me so much. And today I see him harmless, like simple-minded. It's disarming and pathetic. I turn toward the peasants, and they too are astonished. They decide to organize a feast for this victory, and we leave the sorcerer in a house in the clearing with the children and we go to the village with the villagers to celebrate the conquest.

E.S.T Emotional Self Treatment: This evolution is very interesting. You've managed to neutralize the sorcerer and now you can step back. It's normal to feel sadness and bitterness for everything you've endured. Take time to acknowledge these emotions.

Now that you're at the village for the feast, how do you feel? What do you see around you? Are there people coming to thank or congratulate you? What would you like to do or say during this celebration?

Let yourself go with the festive atmosphere. Imagine how you could enjoy this moment to relax and perhaps even begin to heal from your past wounds.

THE CLIENT: I congratulate them on their courage, thank them for their support. They lift me up singing like a hero. But I feel so small. I transform into a woman, beautiful and young and we dance with the villagers. One of the villagers approaches me and proposes that I stay by his side, that he will protect me.

E.S.T Emotional Self Treatment: This transformation is interesting. You feel lighter and freer now. How do you experience this new feminine form? What do you think of this villager's proposal? Do you feel safe with him or do you prefer to remain independent after all your ordeals?

Perhaps you can imagine a peaceful place in this village where you could rest and reflect on your future. Is there a house, garden, or place in nature that attracts you? Describe this place and how you feel there.

THE CLIENT: He has a beautiful house with a beautiful garden, well-arranged park, he offers me a room to rest and reflect. But I'm afraid of being locked up there. I prefer a house for myself and to have time to get acquainted, to regain trust.

E.S.T Emotional Self Treatment: It's a wise decision to want your own space and to take time to regain trust. You've lived through many ordeals and it's normal to need time for yourself.

Now imagine your own house in this village. What does it look like? Perhaps it has a small garden where you can relax? How do you feel in this space that is yours?

Take time to explore this new dwelling and feel the security it brings you. Are there particular elements that make you feel at peace here?

THE CLIENT: Indeed, there's a garden with a wooden swing, colorful roses, leafy green trees with lemons. A small river passes by refreshing the air and where you can dip your feet. It flows gently, lapping. The interior is clean, well arranged. It lacks space but it's cozy.

E.S.T Emotional Self Treatment: It's wonderful that you've found such a soothing and welcoming place. This garden seems to be a true haven of peace. How do you feel swinging gently on the wooden swing, surrounded by the scents of roses and the rustling of leaves? The sound of the flowing river probably brings a sensation of calm and serenity.

Inside, although space is limited, it seems comfortable and well organized. It's your little cocoon. Take time to absorb this soft and reassuring atmosphere.

Is there something you'd like to add or modify in this space to make it even more your own, to feel totally safe and at peace?

THE CLIENT: A mirror to make myself pretty and see myself as a woman.

E.S.T Emotional Self Treatment: A mirror is an excellent idea to complete this space and allow you to reconnect with your femininity. Imagine a beautiful full-length mirror, perhaps with an elegant frame, placed in a bright spot in the house. When you look at yourself in this mirror, what do you see? How do you feel observing your reflection as a beautiful and peaceful woman? Take time to contemplate yourself and appreciate your image. What do you feel now?

THE CLIENT: I feel like a spell has been broken. Like coming out of a nightmare. Regaining my physical youth but feeling old in my heart.

E.S.T Emotional Self Treatment: It's a very profound sensation you're describing. This contrast between your rejuvenated appearance and your heart that feels old is interesting. Perhaps this mirror shows you the path toward inner healing. What do you think your heart needs to feel as young as your appearance? Is there something in this new peaceful environment that could help rejuvenate your heart?

THE CLIENT: To feel the love of people around me. That would rejuvenate my heart little by little, restoring my confidence in others.

E.S.T Emotional Self Treatment: That's a beautiful perspective. Love and trust indeed have the power to heal and rejuvenate the heart. In this new peaceful environment, how could you begin to open up to others and feel their love? Are there simple gestures or interactions you could imagine creating these affectionate bonds with the villagers?

THE CLIENT: I'll open a fruit store with fruits from my garden and talk with them and they'll be happy to come buy my beautiful fruits and talk about everything and nothing, laugh with me.

E.S.T Emotional Self Treatment: That's an excellent idea! A fresh fruit store would be a perfect place to create bonds with the villagers. How do you imagine the atmosphere of your shop? Perhaps there would be a small corner where people could sit and taste your fruits while chatting? What types of joyful and light conversations could you have with your customers? How do you feel imagining these moments of sharing and laughter?

THE CLIENT: I'll make juices for them, and we'll sit and drink together. It will be everyone's favorite stop.

Note to understand the blockage treated in this visualization:
The patient had permanent conflicts with his entourage, specifically at work and with his children. The original conflict that was resolved in this visualization and which was at the origin of these conflicts was linked to the patient's mother perceived in the womb as a monster.

Today, the mother was identified in this visualization as a harmless and jealous but still frightening sorcerer for this 'child' who became an adult. The person's subconscious was permanently reliving the fear created by the mother who threatened the baby's life and her

lack of love/hatred toward the child in the childhood as endangering his life even today.

One of the negative influences of this environment of constant danger felt by the baby was this child's reaction of wanting to feel like a man in order to be stronger, thus losing her femininity.

After this visualization, the patient no longer felt the fear of imminent danger at work and in his life. The conflicts ceased with the entourage because she found calm and inner peace.

Other examples of Visualizations summarized:

The astronaut:

The image: I'm an astronaut in space, attached to my shuttle that will soon detach.

The feeling: an immense pain in the teeth. A huge fear. The feeling of being alone, abandoned, in danger of death (detachment).

Visualization Summary: Gently, this person managed to imagine stars and then a planet. She got closer to the planet and landed on this planet populated by friendly and well-meaning people who welcomed her with pleasure and joy. Being tired, she asked them for a bed and fell asleep. The person has actually fallen asleep and the toothache has disappeared.

Explanation: This person re-lives the birth, detaching from the mother, with the umbilical cord.

Visualization Topic: Being Flexible, on the Move

The image: a tree with neatly arranged branches.

The feeling: the person wants to be a very strong tree like a tree with a very large, stable trunk, which gives confidence to give security to

her children. But she understands that she can't give them sweetness and sensitivity that children need: she lacks flexibility.

Visualization Summary: Gently, this person managed to imagine children playing next to this tree and a flowing stream behind. She decided to climb down from the tree and walk to a lovely house, her own.

The explanation: the strong tree is the unyielding mother and the tidy branches are her children.

Difficulty Breathing:

The patient complained of being unable to breathe and was suffering from depression.

The visualization began as follows: the patient saw himself standing before the gates of a death camp. He saw children being led to the gas chambers and wanted to save them.

Trying to find a miraculous and creative solution, he chose to transform himself into a bird, along with all the children, and they all managed to escape by flying toward the sky.

He stopped at the top of a mountain in a country he had always dreamed of visiting. He was surrounded by eagles. He said he didn't feel right because he was not an eagle.

Continuing the bird's journey, he arrived at a hospital. There too, he didn't want to stay, so he flew away once more until he entered a welcoming house and sat on the sofa.

After some exchanges with his family who were waiting for him in this house with love, he felt better and the breathing difficulty disappeared.

Note: *This person became aware that he had had a sad childhood where he couldn't be a child but had to be a serious person*

alongside parents who were not expressive of their love, detached and impatient. He had felt very lonely and sad. Today he appreciates the family he has brought into the world and can feel the love that emanates from it.

In conclusion: The important thing in visualization is to close our eyes, find an image that expresses our inner feelings at that moment, an image that is completely imaginary but speaks to us. From this image, we create our healing process through a miraculous, soothing development toward a new situation that attracts and calms us.

Visualization Topic: Fear of heights

Image: The person is on top of a steep cliff.

Feeling: The person sees the bottom of the cliff with fear and danger of death.

Visualization Summary: Gently, this person managed to imagine that he is walking around the mountain and that on the other side of the mountain, he sees a city, the sea, and a cable car. He takes the cable car and lands gently on the ground.

Explanation: This person had a very rapid birth and was very afraid of dying.

Visualization topic: Headache for several days

Image: The person is in a car at high speed.

The feeling: she is with a driver who is not at all friendly and their conversation is unpleasant and aggressive.

Visualization Summary: The person asks the driver to stop and gets off at a coffee shop. Then she goes from place to place until she arrives at the sea, on a beach with people playing volleyball. She asks them to play with them and becomes their friend.

Explanation: the person succeeds in separating himself from harmful people and finding a friendly and joyful environment.

It would seem that the father and therefore the people around her in general were harmful. Having adopted this same behavior as a child, thinking it would protect her in life, this comportment has become an integral part of her (emotional wound), she now wanted to separate herself from it and evolve in harmony with people.