

ENTER THE ROSE GARDEN

* Continue breathing, close your eyes, and start to create the picture within your mind. Don't stop at just painting the picture. Allow yourself to enter the rose garden on a path that says, "come walk on me and see the beauty that surrounds you". Walk into the rose garden. Find a bench and sit down. Take a deep breath and open your eyes and look at your picture.

* **Sight** – What do you see? The roses are in bloom everywhere. They are bursting with beauty. Some buds are just beginning to open and the roses, some small and some big surround you. Look at the color of the roses. Isn't it beautiful? Are all of the roses the same color? Same size? Same level? Do you see any arbors that the roses are climbing up? Do you see any water for the roses? Do you see any tools that help take care of the roses?

* **Touch** – Now get up from your bench and walk over to the roses. Bend over and touch one of the petals. It is soft and feel like velvet. It has many layers. Some are tight while other petals fall on the ground. Feel the petals and think this petals feels like

* **Smell** – As you walk into the garden you are overcome by the smell of the roses. A special smell that is like no other smell in the world. If I could I would put it in a bottle or in a candle to remember it always. Is the smell sweet? Soft? Strong? Does it smell like a certain memory? What color do you think the smell is? Do you smell the rich dirt that the roses are buried in? Are there any other smells in the rose garden?

* **Hearing** – Sit back down on your bench and close your eyes. Imagine the sounds that the roses might make. Are the leaves rustling? Are the flowers bending to the sun or moving in the wind. Is there anyone else in the garden with you (beside the roses) - and the wind? Any other people? Anyone clipping or cutting roses, or mulching the dirt, or smelling their magnificent smell? Are there any animals in the rose garden with you? Any insects around the roses? Or any animals in the dirt? Are there any birds up in the trees? Or rain falling softly on the rose petals? What sounds do you hear?

* **Taste** - Imagine what the taste of a rose would be? Sweet, salty, or sour? Imagine if you were to have a picnic in this garden, what would be in your picnic basket?

Now walk through the garden and find yourself a wonderful place to sit near a waterfall or a lake. Look up at the blue sky and white clouds. Hear the water and the birds singing. Feel a gentle breeze on your face, the warmth of the sun, the cool , softness of the grass. Visualize the most beautiful garden you can imagine.

There is a path of stones leading the way in front of you and you follow the path. As you continue to leisurely follow the path, you watch the grass and the trees as they sway with the soft, gentle breeze. It's quiet, but you hear birds chirping in the distance.

Open your eyes, take your picture and your oil pastels and continue your drawing to paint the picture you had in your mind.