

Ella Gabbai

Meditation
for Every Situation

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64 Journeys in Guided Imagination
According to the Chinese Book of Changes

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Dedicated with love to my beloved Rony, who enables me to realize my dreams, and to my children, Amir, Idan and Aviv, who are the essence of inspiration.



Table of Contents

Thanks and Love	10
Preface	12
The First Try – Entering Imagination.	16
Meditations According to Category	20
How to get into a Meditative State	21
The Meditations	25
1. Celestial Inspiration	26
2. Mother Earth.	30
3. Sprouting	34
4. The Cave Story.	38
5. The Subway.	42
6. The Dove of Peace.	46
7. The Ant Nest	50
8. Improving Relationships With a Spouse	54
9. Baking Bread	58
10. Meet Your Future Self.	62
11. Picking the Fruits	66
12. Before the Snow Melts	70
13. The Colors of Life	74
14. Gratitude	78
15. Hills of Moderation	82
16. Pamper Yourself Day	88
17. Simple Flow.	92
18. The Frogs’ Song	96
19. An Ancient Chinese Saying	100

20. Journey with the Wind	104
21. The Display Window	108
22. The Hot Air Balloon	112
23. The Puzzle of My Life	116
24. New Growth.	120
25. The Spring of Calmness	124
26. Energy	128
27. The Kingdom of Good Nutrition	132
28. The Chore Sack.	136
29. Diving Deep.	140
30. Shared Fire	144
31. The Magnet	148
32. A Letter from the Inner Child	152
33. Time to Retreat	156
34. The Room of Strength.	160
35. Inner Light	164
36. Growing Towards the Light	168
37. The Tribe	172
38. The Thought Box.	176
39. Gliding in a Boat	180
40. The Water Pail	184
41. Between Tides	188
42. The Emotions Compass	192
43. The Crossroad	196
44. Weeding the Garden	200
45. The Success Ball	204
46. A Message from Childhood	208

47. Connecting to the Light	212
48. The Well	216
49. The Bus of the Future	220
50. The Plate of Stones	224
51. The Calm after the Storm	228
52. The Mountain	232
53. Born Again	236
54. The Inner Vision	240
55. The Ocean of Abundance	244
56. The Market of Possibilities	248
57. A Message from the Wind	252
58. A Chat with a Good Friend	256
59. The River	260
60. Setting Limits	264
61. The Owl's Wisdom	268
62. Tidying the Room	272
63. Beyond the Peak	276
64. On the Mountainside	280
Table of meditations by type and purpose	284
Bibliography	294



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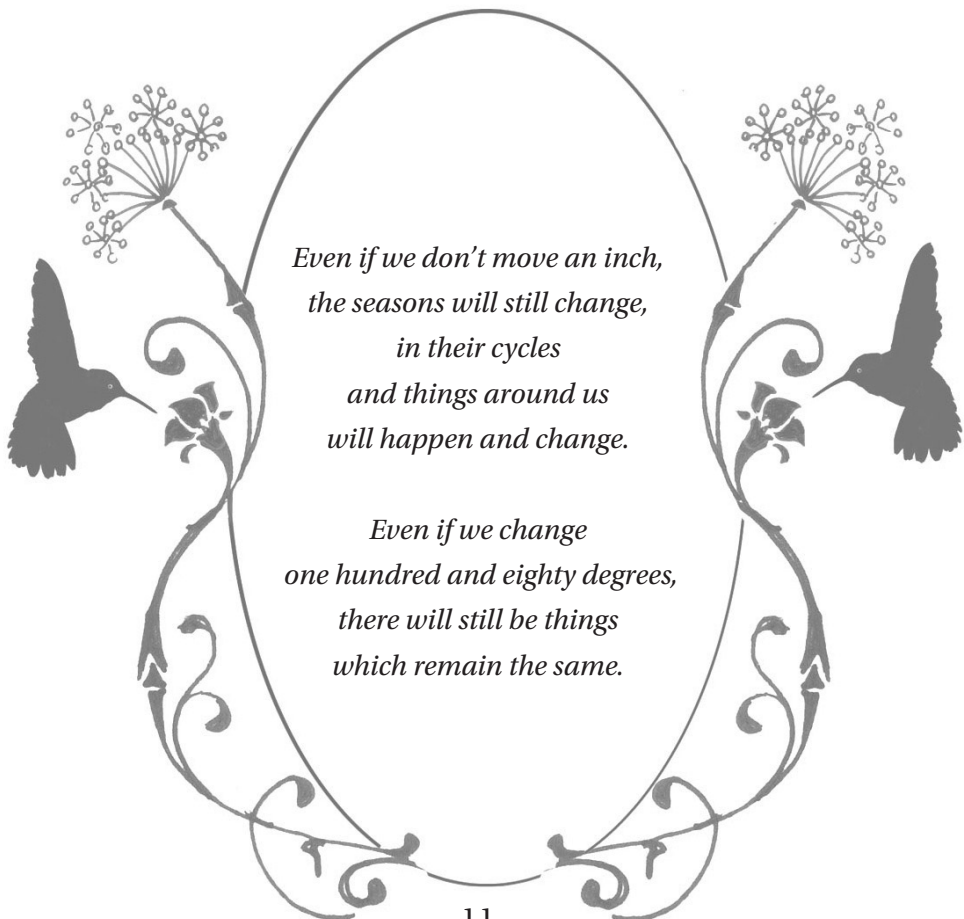
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Ella Gabbai



Preface



When my son was four months old, he stopped gaining weight. The doctors began speaking of a life-threatening illness. I swung from anxiety and worries about his health to sensing that he was perfectly fine.

In the end, I was helped by my imagination. I imagined my son. I imagined him alive and well, talking and laughing at the age of seventeen. When I did this, I felt deep relief and my heart told me: “He is fine and he will be fine”. Today he is four and thank God, he is healthy and he has developed according to schedule.

That experience had a deep effect on my life.

Today I am certain, from my personal experience, that imagination has the incomparable ability to heal and strengthen. The image of my healthy son was immeasurably more potent than the doctors’ prognosis. With respect to medicine and science, I knew that this healthy image was stronger than all the pessimistic words from my son’s caretakers. Imagination helped me exchange my anxieties and worries for belief – a belief that materialized.

As a result of that vision and my ability to connect to the power of imagination, I chose to learn guided imagery and NLP and become a professional therapist in both areas. NLP is based on subconscious communication and “reformatting” it with the help of guided imagery. During the two years of training I achieved many goals that were of utmost importance in my life.

We all come to this world equipped with gifts and one of them is the ability to imagine, to see with spiritual eyes, to hear voices, to recall feelings and smells. We can choose how we would like to use this magical gift.

Some people choose to imagine themselves and loved ones in catastrophic situations, but using the same tool, we can imagine, instead, how to protect ourselves and loved ones, how to succeed and imagine the finest, most wonderful outcomes.

The next step in my journey was to decide to publish cards called “Pictures of Inner Reflection”. These cards have messages inspired by the I CHING, an ancient book of prophecy. It is a very important book in the Chinese culture, which describes 64 states of life that are continually changing, and offers ways to accommodate these changes to each situation. According to this philosophy the situations change in 8 areas: Sky, Earth, Water, Fire, Thunder, Wind, Lake and Mountain. Using coins we can assess what situation we find ourselves in and how to deal with it. This ancient practice produces 2000 interpretations, like the New Testament. I decided to present Western culture with a more accessible method, so we can learn and utilize ways to deal with our daily situations.

As time went on, and the more I worked with these cards and conducted therapy using guided imagery, I understood that the Chinese had developed a system of evaluation. Using this unique language I was able to see what situation a person was in and to offer suggestions on how to deal with it. When I understood how powerful this tool is, I decided to connect it with meditation and present the 64 situations that the I CHING lays out in its wisdom. This is how this book came into being.



This book gives you 64 healing meditations of guided imagery. We can use them to heal others or, of course, to help ourselves.

Two elements from NLP are found in the book Healing with Guided Imagery and NLP, which has the system embedded within the meditation itself alongside the wisdom of the I CHING. Together they create a powerful new tool for therapists, to group facilitators, coaches and anyone else interested in promoting growth and personal development.

I hope that every person who reads this book will find the power of healing in it and will use it to heal and endure the situations we, and our loved ones encounter.

Ella Gabbai, Yokneam, Israel - 2012



The First Try – Entering Imagination



Imagine yourself embarking on a journey...

It's a pleasant, beautiful day. Pay attention to the place you're in right now.

From here you are embarking on a journey to your desired destination. Thinking about this creates a feeling a serenity and relaxation. It's pleasant...

Today you'll get to do something for yourself, something that will make you feel good.

We all have somewhere we desire to reach.

Today you have the opportunity to begin your journey toward that somewhere.

Perhaps it's a journey you've been dreaming about for a long time, or maybe you're setting out for a place that is still unknown, and it will reveal itself during the journey.

Are you finding it hard to begin the journey or have already begun a few times only to find yourselves stuck?

Can you imagine yourselves already arriving at your destination: where you want to be? How that somewhere looks? What sounds you hear there? What you feel being there? What you think? What you'll do once you've arrived?

Now, imagine that you have arrived at your destination. Do you encounter something on the way there, or once you've arrived that

could cause you harm? Will you lose something as you head for your destination? You can check: What are the benefits of this new place? What are the downsides?

Let yourself choose the vehicle with which you will make this journey to your destination: perhaps you'll want a large vehicle, or a small one, maybe you want a big trunk because you want to take things with you and maybe you only want to bring a few things on the trip or that you believe whatever you need will be available to you as you travel. Let yourself choose the perfect car for your journey, the one that will take you to your destination. You get into the car. Have a seat. The journey has now begun – peek out the window and pay attention to the scenery: Is it scenery you like? What sounds do you hear? What is the temperature like in the car? Is it pleasant? Is it hot? Or cold? Feel your body settled in the seat. The journey calms you, there's something about movement that puts you at ease. While you move you can note the traffic signals on the way to your destination: Maybe there are signs? Or perhaps markings on the road? Perhaps you stop and ask for directions. Perhaps you've brought along a map that shows you the exact route? Or even a GPS?

Look at the scenery – does it change as you travel? Is something changing within you? Feel free to stop for fuel. You will see a gas station any second now and will be able to stock up on what you need for the journey: energy, courage, flexibility, open mindedness and anything else you feel might help you on your journey. Take a moment for yourself and choose how will re-energize yourself with exactly those things that suit you.

You continue your journey – headed towards your destination.

You stock up on things that will help you to move forward, and perhaps you will use them in the event of an obstacle. Check: Is there

something bothering you on your way? Is there something on the road? Are you feeling it hard to move forward? Perhaps something is holding you back? Allow yourself to discover what will come to your aid so you will be able to move forward and see if anything you got at the gas station can be of help.

Check to see what keeps you where you are and doesn't let you move forward, making the transition difficult. What happens in the places where you feel stuck? What are the sounds you hear there? What do you feel? How do you behave? What thoughts run through your head? Some of the obstacles on the way are external and some from inside you: fears, doubts, past attempts.

You continue to move and move forward. You've already come a long way and you begin to feel like you are getting closer to your destination. You are traveling at a speed that suits you, and now you see your destination in the distance. Very slowly, you get closer to it, you'll be there very soon, in moments you will arrive and now, you are here.

Examine your destination: How does it look? Does it look as you imagined? Are the sounds what you thought they would be? How do you feel now that you are here? What thoughts run through your head? What are you doing? Sense the ability to reach your goal in the way that suits you, at your own pace, transported in the vehicle of your choice and allow yourself to be there - in the place where you have arrived.



Meditations According to Category



Exercising our imagination allows us to create a desired and attainable goal or a path – including the experiences within the exercise. I chose to divide the meditations in this book into five main categories. This division makes it easier to choose the best meditation for each situation.

1. *Meditations into the Past* – The first category of meditations is connected to our origins. When we move towards our goal, we go equipped with all our experiences, beginning from childhood. Our past molds how we manage our present and future. So, this first group of meditations refers to our past. These meditations can strengthen our positive experiences and learn how they can serve our present and future.
2. *Meditations into the Future* – After we have decided to venture into our journey, we want to travel to the destination we set as a goal. That goal can change as we travel, though the image we create in the future remains our objective. These meditations lead us into that desired future, and I believe that the image of an optimal future is worth a thousand words!
3. *Meditations to Fortify Resources* – We are all equipped with resources: bravery, intuition, faith, hope, self-love and more. Even with all these resources, we must continue to add resources now and then, to fuel up, and remember our abilities and resources.
4. *Meditations for Problem Solving* – If a vehicle breaks down, we fix it, and so too, can we repair things that have gone astray. These meditations “fix” problems and clear obstacles that may appear in our lives, improving our ability to work on them (just