Meeting Asclepius

A guided visualization by:

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Find a comfortable seat, close your eyes, and visualize the image of a very wise, loving man or woman. Choose an individual, alive or passed on, whom you respect and honor and with whom you feel a special sense of connection. If identifying or choosing such a person is difficult, then simply create one. Stabilize this image in front of you and notice all the details about the person. Sit in communion with this wise person and feel his/her presence. Reflect on his/her qualities and characteristics, her/his peace, wisdom, compassion, love, and joy. The image of this individual should now become your focal point. Stay with this image and allow the experience to deepen.

When the image has stabilized in your mind, allow a strong beam of white light to form at the crown of his/her head. Next, allow the dense white light emanating from the mind of this wise person to enter into your mind. Allow this energy to bathe and purify your thoughts, feelings and images. Slowly transform your mind into the mind of this person. Take all the time you need for this transformation to fully evolve.

Next, allow another beam of light to form and emanate from the throat of this wise person. Allow this energy to bathe and purify your speech. Take on the qualities of loving, wise, and sensitive speech so that yours becomes the speech of this wise person. Again, take your time as this transformation and purification take place.

Then, let a final beam of light emerge from the heart of this wise person. Allow it to enter your heart. Let it bathe and purify your heart with kindness, love, and compassion, transforming it into the heart of this wise person. Take your time in allowing this transformation to take place.

Experience your mind, voice, and heart as you take on the qualities of the wise one. Become this person.

Next allow the entire image of this wise person to dissolve into a bright white light. Allow this light to enter your body at your forehead and slowly permeate your entire being, from your cells to your organs, so that you fully become this wise person. What does this feel like? What will it be like to have the wisdom and support of the wise inner healer assist you in your journey? For the next few moments, experience what it’s like to be such a person, to be able to accept yourself as a wise and loving healer in body, mind, and speech.

Hasn’t this possibility—this self—always been within you? Why is it easier to see this wise and pure aspect of yourself externally in another person rather than recognize it as your essence? Who is this wise and caring person you first imaged outside yourself? Where has he or she been? Isn’t it time to welcome him/her home? Isn’t it time to know Asclepius as none other than the natural and wise essence of your heart and mind? Remain a few moments in this natural and noble essence. When you feel complete, slowly return to the time and place of the room, remembering that your ever-present inner healer will support and guide you toward integral health. (Dacher, 2006, pp. 56-57)

Reference:

Dacher, E. (2006). *Integral Health: The path to Human Flourishing.* Laguna Beach: Basic Health Publications, Inc.