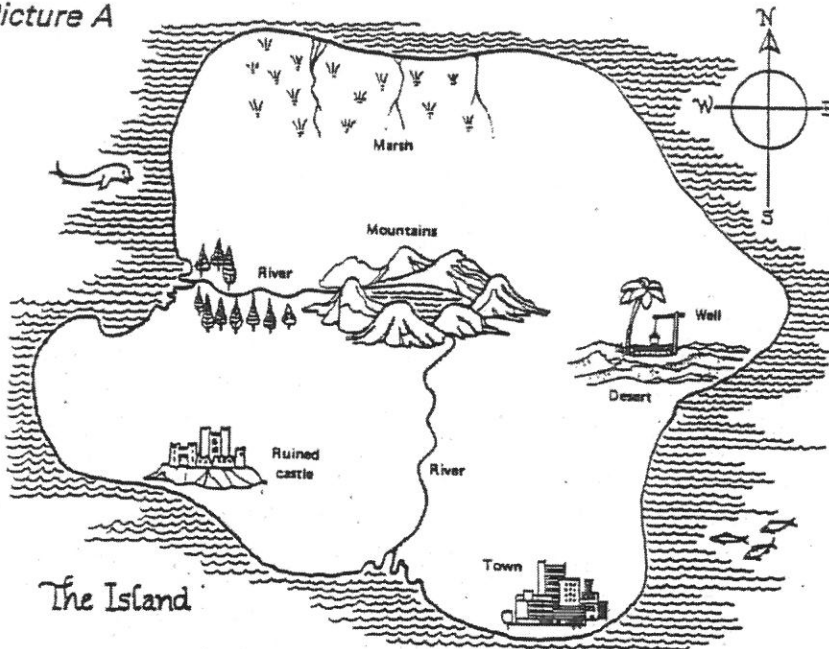
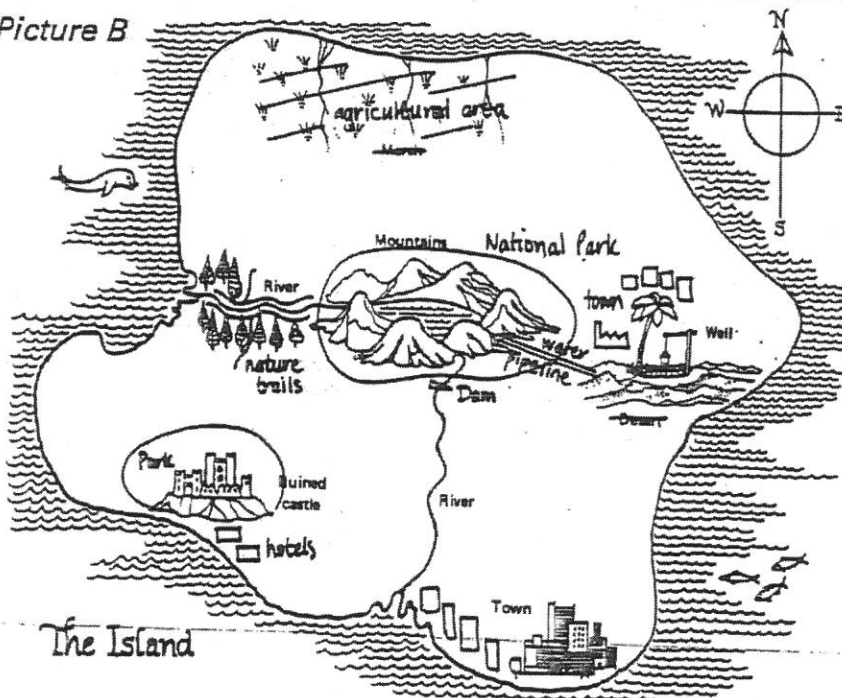


Picture A



Picture B



The Loch Ness Monster

Script for the guide *(to be read in a gentle, trance-inducing voice)*

Make yourself comfortable and close your eyes. Take a few deep breaths to help you relax. Feel the tension disappear stage by stage from the top of your head to the tips of your toes. Let your surroundings fade away as you gradually sink backwards through time and actuality and pass through the gateway of reality into the dreamtime. *(When the participants are fully relaxed, begin the story)*

Today's a very special day in your life because you're going to have an experience that very few people have ever had – you're going to have the opportunity to meet Nessie, The Loch Ness Monster. Nessie knows that you have no wish to harm her, so you have nothing to fear.

You're sitting in a small fishing boat close to the shore of the mysterious and fascinating lake. It's early in the morning, so early that the sun has only just risen and you're surrounded by snow-capped mountains. You start to row the boat towards the centre of the loch and, with each stroke of the oars, you go deeper and deeper into the picture. The oars hit the water again and again and you count the strokes: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10. You've now reached the centre and you stop to take a breather. You have a minute of clock time, equal to all the time you need to appreciate the atmosphere and the scenery of this extra special place.

Just then your thoughts are interrupted as you notice a disturbance in the water near the boat. Ripples are spreading outwards and something large and grey starts to rise up from the depths and break through the surface. A head appears, but like no head you've ever seen before. The face turns and looks at you. You have a minute of clock time, equal to all the time you need, to take note of what you can see.

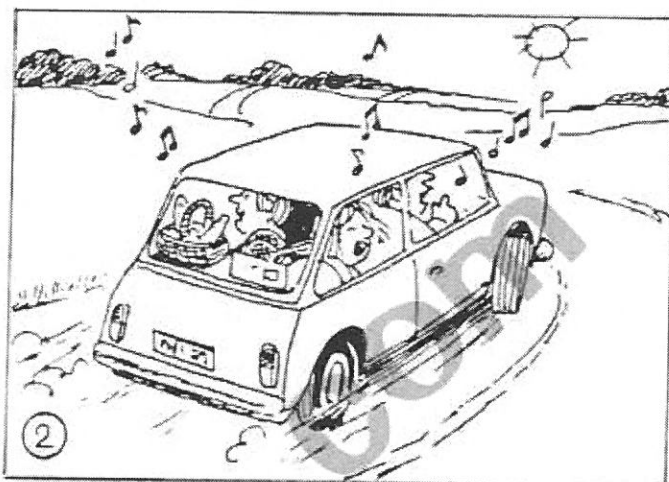
The Loch Ness Monster now starts talking to you in a language you're familiar with and you listen carefully to what she has to say. You have a minute of clock time, equal to all the time you need, to listen to the personal message she has, just for you, and the message she has for mankind in general.

The time has come for Nessie to return to her underwater world and for you to make your journey home again, back to the place you started from. And with each stroke of the oars you feel more awake and ready for the life that lies ahead of you. Once again you start counting, 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10. Welcome back!

Open your eyes now and stretch your arms and legs. Take a few minutes in silence to make some notes on the experiences you have had on your journey, which you can then share with the rest of the group.

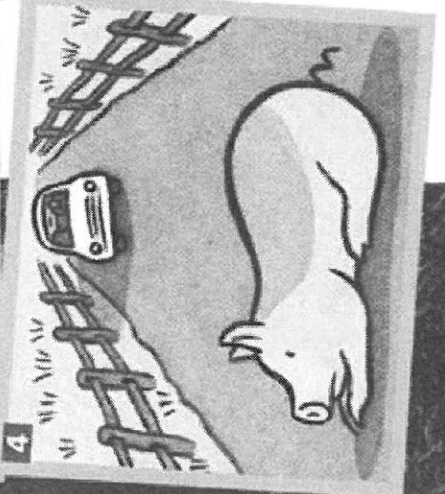
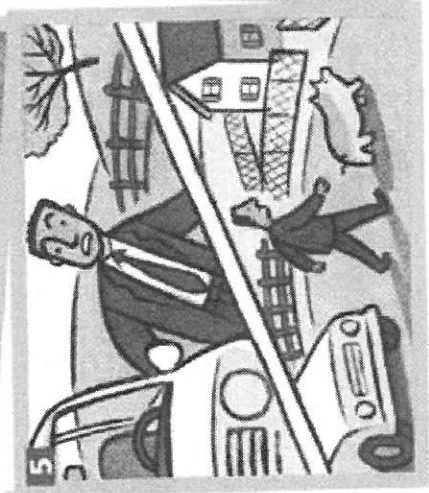
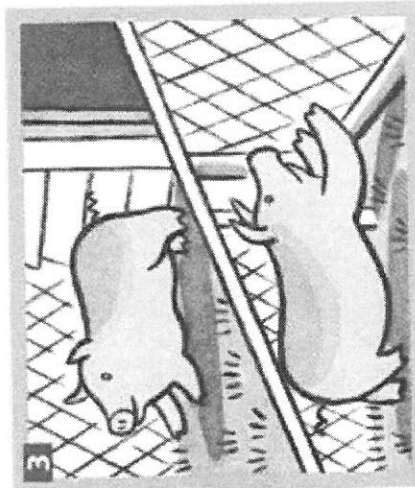
Picture Story

Look at the pictures and tell the story.



The picnic

One beautiful Sunday morning the Fox family...



1. You have noticed your best friend cheating in an end-of-term exam. A lot of kids cheat, but you and your friend have always been against it, up to now.
2. Your boyfriend / girlfriend said that he or she could not come out with you this evening because of work. However you see him or her coming out of a cinema with a group of friends.
3. You and your friends are mountain climbing: you have been caught in a sudden thick fog, and are lost.
4. You have been offered a well-paid job by a rich employer, and badly need the money, but people have told you that his business is dishonest.
5. A friend, while driving you in his car, hit someone crossing the road, and knocked them down. You told him to stop but he said the person wasn't badly hurt, and drove on.
6. A close family member is elderly and needs constant care, yet hates the idea of going into an institution. You cannot afford a nurse and do not want to give up your job.