



Guided Imagery

As she made her way up the grassy hill she felt the cold seeping into her shoes and the cotton of her socks. Maybe this wasn't such a great idea after all she thought to herself but she had already come this far. The chill in the air and the glare of the moon against the skeletal trees made her ache to be in her warm safe bed but this was a dare, which meant no turning back. As she climbed to the top of the hill she saw the great weather veins on the top of the old house. The house was dark and lonely and she suddenly felt a rush of anxiety. This creepy old house was scary enough in the daytime but now she faced it in the dead of night, alone and determined. As she approached its entrance she felt it tower over her. Suddenly something caught her attention from the upstairs window, a flicker of light maybe, she didn't know, it was probably just her imagination. But what if there had been something up there, waiting for her to walk inside of that house and...oh she couldn't think about it anymore, she had to go in. What would the others say if she had backed out of a dare because she was afraid, yes she had to go through with it? She turned the cold rusty doorknob hoping that it would be locked but to her disappointment the door gave way and creaked open.

Inside, the house smelt of mold and icy winter nights but she didn't mind. She left the door open because the full moon gave her light to work with while she was creeping around. The floor squeaked underneath her so she could hear and feel her every movement. What was she looking for and why had she come she thought to herself as she ascended the stairway to the upstairs bedrooms? Would she come across the wretched shadow she had seen earlier from the front porch? She turned into what seemed to be the master bedroom. There was a giant bed with velvet bedding and drapes hung around the bedpost. The dark velvet seemed dusty and heavy. It gave her the chills. She decided to walk closer to the bed because dark shadows were creating images that she was determined to prove untrue. As she ran her fingers alongside the velvet cover she noticed her hand was tracing the silhouette of a body. Quickly, as if a snake had bitten it, she removed her hand. And that's when she saw it.....