

Day 4: Visualization Meditation

Visualization, or *guided imagery*, is a variation of traditional meditation that requires you to employ not only your visual sense, but also your sense of **taste, touch, smell, and sound**. When used as a relaxation technique, visualization involves imagining a scene in which you feel at peace and free to let go of tension and anxiety.

The Practice of Visualization

Step 1: Find a quiet, relaxed environment. Assume a comfortable sitting or standing position.

Step 2: Choose a setting that is calming to you (e.g., tropical beach, favorite childhood spot). Close your eyes and let your worries drift away.

Step 3: Imagine your calming place. Try to picture the setting as vividly as possible – using at least three of your senses.

Example: A dock on a quiet lake.
Walk slowly around the dock.
Take note of the colors and textures.
Hear the birds singing.
Smell the pine trees.
Feel the cool water on your feet.
Taste the fresh, clean air.

Step 4: Enjoy the feeling of deep relaxation as you explore your restful place. When ready, open your eyes and return to the present.



Tip: Choose a setting that appeals to you. Do not select images that someone else has suggested. Let your own images come up and work for you.

Resource: www.helpguide.org