

THE 10 DAY MEDITATION CHALLENGE

DAY 4 – TAKE A MENTAL VACATION

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. A powerful relaxation technique, visualization involves imagining a scene in which you feel at peace and free to let go of tension and anxiety. Repetition of the real or the imaginary can create changes in the brain. Consistency in a visualization practice trains the brain to encourage a more relaxed and positive state of mind. A relaxed mind is a productive mind.

FINDING YOUR MIND'S EYE

- Find a quiet, relaxed environment. Assume a comfortable seated or standing position.
- Choose a setting that is calming to you (e.g., tropical beach, favourite childhood spot). Close your eyes and let your worries drift away.
- 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 colours and textures. Hear the birds singing. Smell the pine trees. Feel the cool water on your feet. Taste the fresh, clean air.*
- 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 work for you.

Source: <https://www.psychologytoday.com/us/blog/gifted-ed-guru/201211/brain-basics-part-one-the-power-visualization>