

Visual/Guided Meditation Worksheet



Visual Meditation/Guided Imagery is a meditation practice that involves imagining/creating a mental image of a relaxing, healing, stimulating place, in order to relax the body and mind, improve functioning in daily life and specific performance-based skills, and promote healing. A wealth of research supports the far reaching benefits of visual meditation, which include reducing blood pressure and cholesterol levels, improving the immune system activity, reducing pain, and improving skill mastery. Try taking some time from your day (even as little as 5 min) to practice this powerful form of meditation.

<https://www.healthjourneys.com/guided-imagery-101>

To practice Visual Meditation:

- Engage in a quick Sitting Meditation practice
 - Sit in a relaxed posture
 - Generate attention to breathing
 - Focus on in-breath, out-breath and feeling breath in different places – chest, then stomach, nose, mouth
- ****Optional: Engage in quick Body scan**** (this will follow the same format as the Body Scan Session: toes, feet, legs, thighs, pelvis, stomach, chest, arms, shoulders, neck, head)
 - Focus on the component of “non-doing”, awareness, stillness/slowness of body and mind, and acceptance of physical and emotional reactions that might arise
- Direct your attention to a physical place that makes you feel relaxed, happy, and good.
 - This place is completely up to you, no right or wrong place to choose
 - It can be a relaxing place, or a stimulating place, a real place or even an imaginary place. But it should be a place that makes you feel good.
 - Try to imagine this place as vividly and in detail as you can, and if you can, try to imagine yourself there, either through your own eyes, or picturing yourself there.

- Imagine yourself in this place.
 - What does it look like?
 - What does it sound like?
 - Smell like/ Taste like?
 - What are you wearing?
 - What is the weather?
 - What time of day is it?
- Pull images/objects/experiences/people to help engage you in this place
 - E.g. engaging with people in the place, or a ritual common to the place
 - Engaging in practices in the place that engage the senses
- Take some time to interact with the place and explore it
- Take time to simply observe the place you are in, the scenery around you and take stock.
 - What does it look, sound, smell, feel, taste like?
 - Who is in this place you created? (if there are people; if not then observe any other scenery around you). Who have you imagined would be in this scenario with you?
 - Did you take anything with you?
- Take a moment to tune into how you feel in this moment.
 - How do you feel being in this place?
 - Maybe why or how you got to feeling this way by being in this place?
- Once you are ready, slowly remove yourself from this place, and come back to the here and now.
 - Open your eyes, stretch, etc.
- Reflection
 - How did it go? How did it feel to be in that place?
 - Challenges?
 - Was there anything you decided to stay away from? Why? You don't have to share, and can keep this general if you don't want to give sensitive information
 - What do you think was the significance of this activity? Did you think it was helpful? Why or why not?
 - Although the place you were just in was in your mind, how might this exercise help in real life?

Visual/Guided Meditation Resources

Guided Visual Meditations (free on Youtube):

- Visual Meditation #1 (10 min), City of Hope
 - https://www.youtube.com/watch?v=t1rRo6cgM_E
- Visual Meditation #2 (18 min), Memorial Sloan Kettering
 - <https://www.youtube.com/watch?v=Y70O2vEP1FE>
- Visual Meditation #3 (15 min), Johns Hopkins All Children's Hospital
 - <https://www.youtube.com/watch?v=35ch88kmlls>
- Visual Meditation #4 (1 hour), New Horizon
 - https://www.youtube.com/watch?v=yae299h_MVk
- Visual Meditation #5 (15 min), Sutter Health
 - <https://www.youtube.com/watch?v=uBDB66KoM20>

Guided Visual Meditation Scripts:

- Inner Health Studio
 - <http://www.innerhealthstudio.com/visualization-scripts.html>
 - Beach Visualization
 - Forest Visualization
 - Candle Visualization
 - Calming Colors Visualization
 - Cloud Visualization
 - Meadow Visualization
 - Sky Visualization
 - Waves Visualization
- Psych Central
 - <https://psychcentral.com/lib/imagery-basic-relaxation-script/>