

# Visual Meditation/Guided Imagery

- Greetings
- Overview of meditation today
  - Guided Imagery
    - Similar to sitting meditation and body scan, but there is an extra component of going to a “place” that makes you feel comfortable. This practice will combine all we have learned in the past few weeks.
    - I will be giving prompts to help you get to this place and stay relaxed yet aware. Once you think about this place, you will spend some time there in your mind.
    - You can follow directly what I am saying if you want, or you can take longer or shorter than the timeline I am giving you with my words.
    - Everyone goes about these meditations differently, and so I want you to do what's best for you.
    - If you feel discomfort at all, remember that you are in total control -- you can shift your position, change the place that you go to, or just sit comfortably and practice breathing if you feel uncomfortable moving forward
- Quick Sitting Meditation to relax and turn attention inwards
  - Relaxed posture
  - Looking into ourselves
  - Create a place, set aside the constant “doing”, “non-doing” = “being”
  - Stillness, Slowness
  - Acceptance
  - **Attention to breathing** and separation from feeling
    - Talk about in breath and out breath and how important it is
  - Feeling breathing in different places – chest, then stomach, nose, mouth
  - **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)**
- When you are ready, close your eyes and direct your attention to a physical place, a place that makes you feel relaxed and happy, and good. This place is completely up to you, and there is 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 (real places might be easier as you can create an image of it more easily). But it should be a place that makes you feel good.
  - “I like to imagine myself on a quiet mountain lake” -- describe. “But you can decide to be wherever you would like to be” -- maybe in a field, or at a party with loved ones, really anywhere that makes you feel happy, relaxed, and good
  - Try to imagine this place as vividly and in detail as you can, and if you can, try to imagine yourself there, either in first person through your own eyes, or picturing yourself there.

- Try to imagine yourself in this place. What does it look like? Sound like? Smell like/ Taste like? What are you wearing? What is the weather? What time of day is it? It can be helpful maybe to pull up things and elaborate to help your senses relate to this scenario, if it is not easy to do it currently: e.g. if it is a particular city or town you like, then you can imagine getting a snack or meal in this place to imagine what it tastes like.
- Take some time now, to experience the place, interact with it as yourself, and explore a little bit (5-7 min), doing whatever feels most comfortable. Walk around, maybe talk to someone if there are people around. Participate in an activity, or just look around. But all in your imagination. (~10 min)
- Now continue to explore, and once you have had some time to explore, take a moment to observe the scenery around you and take stock. Be aware.
  - 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?
- Now take an opportunity 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? Take stock of your own emotions through being in this place.
- Once you are ready, please take a couple moments to remove yourself from this place, and come back to the here and now. You can take as long as you need, and can open your eyes whenever you feel ready. I will wait until it seems everyone is back and ready.
- 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?