

# Guided Visualization

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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So, to reduce anxiety,  
start by taking a moment to relax your body..  
soften any unnecessary tension in your belly and shoulder,  
and find a posture that feels both relaxed and alert,

Now close your eyes  
or look downwards  
and rest your hands  
in an easy effortless way.

Take a few moments  
to scan your awareness  
through the sensations of your body,  
and wherever possible,  
soften and release  
obvious areas of physical tension.

Feel the sensations in your body,  
in this moment  
and as you breathe,  
allow your body to  
completely and fully relax.

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Allow stress to flow out of you  
with each breath.

Your body is becoming calm  
and comfortable.

Let any tension in your brow go.  
Let any tension in your lips go.  
Let any tension in your eyes go.

Just relax in the comfortable space that surrounds you.

Once you feel relaxed and centered,  
start to bring yourself to one of your favorite,  
peaceful, beautiful places.

This could be a place you've been before  
like a silent redwood grove with cool shade  
and towering ancient trees

or a white sand beach  
where the ocean waves gently lap the shore  
and the smell of the sea  
makes you feel at home.

It could be a place built entirely  
in your imagination:  
a lovely, slowly swaying bridge that you stand on,  
watching a babbling brook flow away beneath it,

or an ancient oak in the autumn,  
with golden leaves fall around you  
as you sit under the shade  
and watch the golden orange sun  
pass over the horizon into twilight.

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Wherever this special,  
peaceful place is for you,  
take some time to imagine it  
as completely as you can all around you.

Once you have your special place in mind,  
bring yourself into the picture.

Imagine that you're in this beautiful place.

Put yourself there.

Take a walk and look at the lovely,  
peaceful, relaxing surroundings.

Before,  
you were *\*looking\** at this peaceful scene  
like a painting from a distance.

Now you're *\*in\** the scene.

You're living it.

Be there right now.

What do you see around you?

There's no need to actually verbally answer this question.

Just look around  
and see what you see.

What in this scene is most relaxing to you?

Take a walk in this special place  
and see all that you can see.

What do you smell in the air?

Can you smell the trees and the soil  
of the forest floor beneath you?

Do you smell the salty air  
of the ocean side?

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Bring scent into your visualization.  
Smell the air where you are.

Reach out and touch something  
that's attractive and peaceful to you.  
How does it feel?  
Is it soft to your touch?

You're living in the scene.  
You can feel the ground beneath you  
and the air on your skin.  
How does it feel?

Take a moment to listen.  
What sounds do you hear  
in this beautiful new surrounding?  
Can you hear birds chirping in the woods?  
Do you hear the ocean waves  
in their perpetual booming rhythm?

Perhaps there is music from an  
ancient flute in the background,  
or maybe you hear the voice of  
an old friend that soothes and calms you.

Whatever you hear,  
take a moment now  
to enjoy listening to it.

You can stay in this scene  
as long as you want to,  
enjoying this moment of relaxation  
that you've taken for yourself.

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Feel free to walk around in this special place as long as you want. It's yours.

Remember that this special place is always here for you.

You can come back to it whenever you wish.

You need not be afraid to lose it. It's always with you.

The relaxation that you feel right now at this moment in your body is yours to call on any time you wish.

When you're ready, slowly let the scene dissolve back into your mind.

Allow yourself to slowly come back to the comfortable darkness that was there before you imagined your special place.

When you're ready, slowly open your eyes and come back to this moment, this time, and this reality. Before you get up, take a moment to note how relaxed you feel right now, and then slowly, attentively, bring this calm and relaxation with you throughout the rest of your day. Thank you for your mindfulness!