



Starting a Visualization Practice:

When you create a visualization practice, the purpose is to establish a place you can go to any time. This is your place of relaxation, tranquility, and how you can establish your own special place especially when you are surrounded by other distractions.

Close your eyes and sit in a comfortable position. I recommend having your feet on the floor to ground you and your hands on your lap with your palms facing up (to receive additional calming energy).

Imagine yourself in a special place, your special place: in a beautiful natural (an outdoor setting). It can be a garden, a meadow, on a mountaintop, in the forest, at the ocean, even a favorite vacation spot. Your special place could even be under water (if you're a diver or swimmer) or even another geographic location (anywhere you feel comfortable).

Wherever it is, this is your place (to focus and dream). Notice the visuals around you and pay attention to if there's a structure (house or shelter) and notice the lighting there. Is it sunny, overcast, raining, or something else. Feeling the lighting and energy in this place is important.

By closing your eyes, begin by taking five deep breathes and hold your breath a couple of seconds and then release it. Each deep breath helps to calm you and release any tension in your body. When you establish your place to be calm, see if there are stairs, or steps to arrive at this place. Is there's a walk before arriving at the house or shelter. Are there steps to climb before getting to the top of the structure. You will mentally count going up each step and with each step (count individually one, two . . . to 10) to get to the destination. Once you are there, slowly say "Release, release, release." Saying this three times is also slowing down your thinking until you feel you have released your stress. Each time you feel thoughts coming in to distract you, say "release, release, release" to bring you back to this quiet place. The goal is to sit quietly, to enjoy this place and come back here because it is your "sanctuary of calm."

When you reach the top of the steps, focus on the bright light that surrounds you and then allow the purity and brightness of the light to envelop you so you can feel the power of the light's healing power (energy). If you don't feel or see this energetic light, sit quietly and when your mind is still, you will be able to feel this energetic field.

You can start your practice by doing this for five minutes. Over time, you can increase your time, because you will want to come back again and again because you are releasing the tension and stress that you feel after visiting. This becomes your best vacation spot during the

day because you can visit whenever you wish. Eventually you can build up to 20, 40 or 60 minutes each time you visit.

To complete your visit, count coming down the steps from the top of the stairs or walk in reverse (starting with ten and counting down to one). To complete your process, say thank you silently to allow yourself time to accept this practice and permission to enjoy this quiet time. When you are through you can open your eyes.