

Visualization Exercises

Exercise 1

Familiarize yourself with these steps. When you're ready, spend the next 10 to 15 minutes to create the scenery of your choice in your mind.

1. Sit or lie down in a comfortable position. Close your eyes.
2. Create an image in your mind of some place where you felt truly relaxed, calm, and happy.
3. In this picture, observe what is happening there. Notice the colors of the scenery. Notice the quiet atmosphere, or freshness of the air. Notice the shapes of familiar objects, and be aware of any movement that occurred.
4. Just let yourself recall the positive feelings in that scene. Enjoy what you remember and what you see in your mind's eye. Breathe deeply and relax.

Exercise 2

The exercise may take 10 to 15 minutes to complete. Sit or lie down in a quiet place and try to construct a scene in your mind.

Prepare to relax by breathing deeply and evenly. Breathe in slowly to a count of four. Hold your breath to a count of two. And exhale slowly. As you continue to breathe deeply and evenly, in your mind's eye create a picture of a pleasant scene. Imagine yourself doing something relaxing—walking on the beach while listening to the sound of the waves with the cool fresh breeze blowing across your face and through your hair, or maybe walking in the woods with the warm sun shining on you and the birds singing in the trees. Imagine some experience that you personally found relaxing.

Pause 15 seconds, then continue:

Go on imagining this scene. Continue to breathe deeply and evenly. Allow yourself to recall the details of the experience—remembering the sights, the sounds, the smells, the feelings, and the mood. Just let yourself re-experience the moments. Breathe deeply and evenly. Just relax and enjoy the memory.

Pause 30 seconds, then continue:

You may now return to your waking state and remain calm now that your body has re-experienced the pleasant feelings that you had. Open your eyes, feeling refreshed and calm.