

## Imagery Meditation Guide

Before you begin, choose the type of place that you most enjoy. Some examples are: being at the beach, beside a stream in the woods or in a flower-filled meadow in the mountains. If you use that same place each time you practice imagery meditation, it can become a special calming influence for you to draw upon during a stressful situation. By simply imagining this place, you can reduce your feeling of stress.

- 1 If possible, find a place to lie down. If you can't do that, seat yourself comfortably so you can fully relax.
- 2 Begin with deep breathing. Practice deep breathing for approximately five minutes.
- 3 As you calm down and relax, begin to imagine yourself in your special place.
- 4 Use your imagination to block other thoughts and allow your mind to quiet— concentrate on the details of the place you are imagining, for example:
  - If you imagine the sky, ask yourself “What does it look like? Are there clouds? What shade of blue is it? Is it sunrise, sunset, mid-day? Where is the sun?”
  - What's near you? If there are flowers, what are their colors? Are they in bunches, on vines, are they like daisies or some other flower? Are there birds? Are they singing? Is there water? Can you hear it? Where are you in this place? Are you on sand, grass, or leaves? Are you in a chaise lounge, on a blanket or on the bare ground?
- 5 Each time a thought about something else intrudes, just let it go and concentrate on your special place.
- 6 Be sure to continue using deep breathing as you do your imagining.
- 7 Try to stay with the thought of the imagined place for 10-20 minutes.