

Exercise #1: Visualization

For this exercise, find a comfortable place to stand, sit or lay

- Close your eyes and begin to focus on your breathing. Inhale... then exhale, inhale... and exhale. Slow and consistent breathes.
- After several breaths to picture a large ball of light in front of you. Visualize it in a color that feels calming, relaxing and healing – maybe blue, white or gold. See this ball of light moving closer and closer, enveloping your body like a warm, comforting hug.
- As you continue to breathe, visualize inhaling this comforting, healing light and allowing it to permeate every cell of your body.
- And as you exhale, imagine all tension, anxiety and negative feelings leaving your body. You might picture this as breathing-out grey smoke or little black or red particles – picture whatever feels right for you.
- As you breathe in the permeating light, imagine it moving through every part of your body. You might start at your head, stomach, toes or fingers and with each new breath, move to the next section of your body. Inhale the healing, calming light and exhale the tension and stress.
- Pay special attention to the sensations in your body as you move from toe-to-head or head-to-toe. Do you feel movement? Tingling? Hot? Cold? Light? Heavy? Throbbing? Stillness? All feelings are okay.
- Continue to visualize breathing-in the light and breathing-out your anxiety, tension and negative feelings.
- Do this as exercise as long as you need to or as long as you are able. If your mind wanders, this is normal – just refocus and continue.