

Visualization Meditation

This is a simple Visualization that helps you to focus and clear the mind.

Where intention goes,

Energy flows.

Where energy flows,

Life grows.

Here we are using Visualization to focus and relax. We create a mental image which aids us in resolving tensions and find ourselves in an atmosphere of complete rest and relaxation. Our mind and our body react strongly to the images that we ourselves create. A quiet mind always results in a relaxed body and vice versa.

When visualizing, it is important to experience as many sensations of seeing, feeling, smelling, and tasting as possible. We create for ourselves an image in which we are completely relaxed and in peaceful surroundings. Give color to your mental image with details of beautiful natural scenery with trees, water, animals, sunshine, wind, pleasant weather, etc.

When you experience a moment of stress in your daily life and you are not in a position to do this relaxation exercise or any other relaxation exercise, then it is good to remember the peaceful atmosphere of the Visualization. Your mind will recognize the feeling and you will soon return to a state of relaxation. You can also do this Visualization as part of an ordinary Meditation. You can use any scene you want, below we will be using a forest scene.

Relaxation by Visualization

Kind of Meditation	Visualization
Degree of difficulty	Beginners
Advised duration	5 to 30 minutes
Posture	Sitting
Advantages	quick relaxation clear, calm mind removes stress people can use a visualized environment as an "anchor" for stressful situations
Remarks	A simple Visualization exercise that helps you to focus, and reduce tension and stress.

Visualization Meditation Exercise-

1. Sit down, close your eyes, and direct your attention to your breathing.
2. Be aware of every breathing in and breathing out.
3. Let your breathing be something automatic and do not try to steer it.
4. Observe how the air slowly goes in through your nose, fills up your lungs, and goes out again.
5. Slowly withdraw all of your attention from all sounds in the room.
6. When, after a few breaths, you really feel at ease, you begin the Visualization.
7. With every breath, you feel the positive energy stream into your lungs.
8. When you breathe out, you imagine that all negative feelings escape from your body together with the air you breathe out.
9. If you wish, you can think of specific feelings and repeat this for five to ten times.
10. When you have reached a state of great relaxation, imagine the following:
 1. You are sitting in a forest next to a bubbling stream
 2. Try to be present to all that surrounds you. Try to involve all your senses. Smell, taste, sight, and feel as many details as possible.
 3. Try to appreciate this image in all its details and pay attention to all the emotions that accompany it.
 4. Don't try to stop thinking, or fight your thoughts, just be the observer of the thoughts, just watching.

5. When your first thought pops into your head, imagine that this thought does not belong to you, it came from somewhere else.
6. See the thought, as if it were a leaf falling from the tree,
7. Watch the leaf (your thought) float down and land in the stream, and watch it float away. Release it.
8. Then return to just being present, experiencing all of the sights, sounds, smells of the forest setting that you are in.
9. Go on with your Visualization for as long as you like. Watching leaves fall from the tree (your thoughts), and watch them float away.
10. If you want to stop, slowly take your attention back to the rest of your body and the sounds in the room.
11. Move a little, stretch your muscles, and open your eyes.