

Visualization Techniques

Calm

Direct Aim: To create a positive, desired outcome for goals or life dreams.

Indirect Aim: To achieve success and desired outcomes in all aspects of life.

Procedure: Calming Visualization

1. This can be done sitting in chairs or while lying comfortably on a mat or towel on the floor. First do several rounds of deep belly breathing to help ground and then breathe normally throughout the visualization. If you like, you can play quiet music while doing this visualization exercise. Any visualization technique requires one person leading the group through the visualization. When leading a group through mindfulness visualization, remember to speak quietly, gently and slowly. Always give the group time to visualize the scene you are painting for them.

2. “Now sit comfortably and close your eyes....”

Imagine you are on a picnic blanket in the middle of a beautiful meadow. You’ve just finished the most delicious lunch and you begin to feel a little sleepy. You lie down on your blanket and look upwards to the sky.

3. You see big, white, puffy clouds slowly moving across the bright blue sky.

4. You hear the chirping and droning of many insects as they visit the fragrant flowers that pop their heads up amongst the lush meadow grasses.

5. You breathe in the sweet scent of the meadow grasses and flowers and a feeling of calm comes over your entire body.

6. You think about what you like doing when you are calm.

7. You think about what your voice sounds like when you are calm.

8. You think about the people you are with when you are calm.

9. You think about how your body feels when you are calm...

10. And you take a big breath of the fragrant meadow air as you enjoy this feeling of calm.

11. You know that you need to head back home soon, so you take one more deep relaxing breath, breathing in the scented meadow air and you notice that every muscle in your body is relaxed.

12. You decide to keep this feeling of calm in your body as you pack up your picnic basket.

13. As you stand up to leave the peaceful meadow, you take one more deep breath of fragrant meadow air and then make your way back home feeling peaceful, calm, and relaxed.”

Note:

At the end of any visualization experience, make sure that you encourage the students to take a couple of deep breaths before opening their eyes.

Creating visualization experiences can be a fun, creative and relaxing experience for all ages. Practice making up your own and encourage your students to join in the fun and reap the rewards.