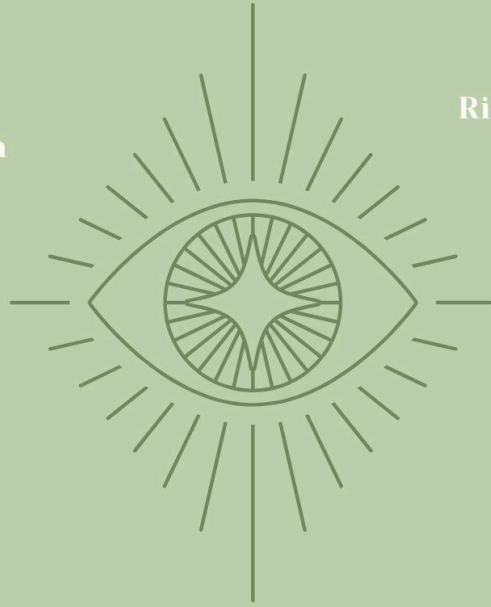


“Visualization is
daydreaming with
a purpose.”
-Bo Bennett

Ricardo Corona
EDCO 289

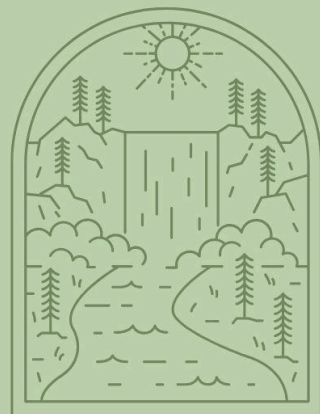


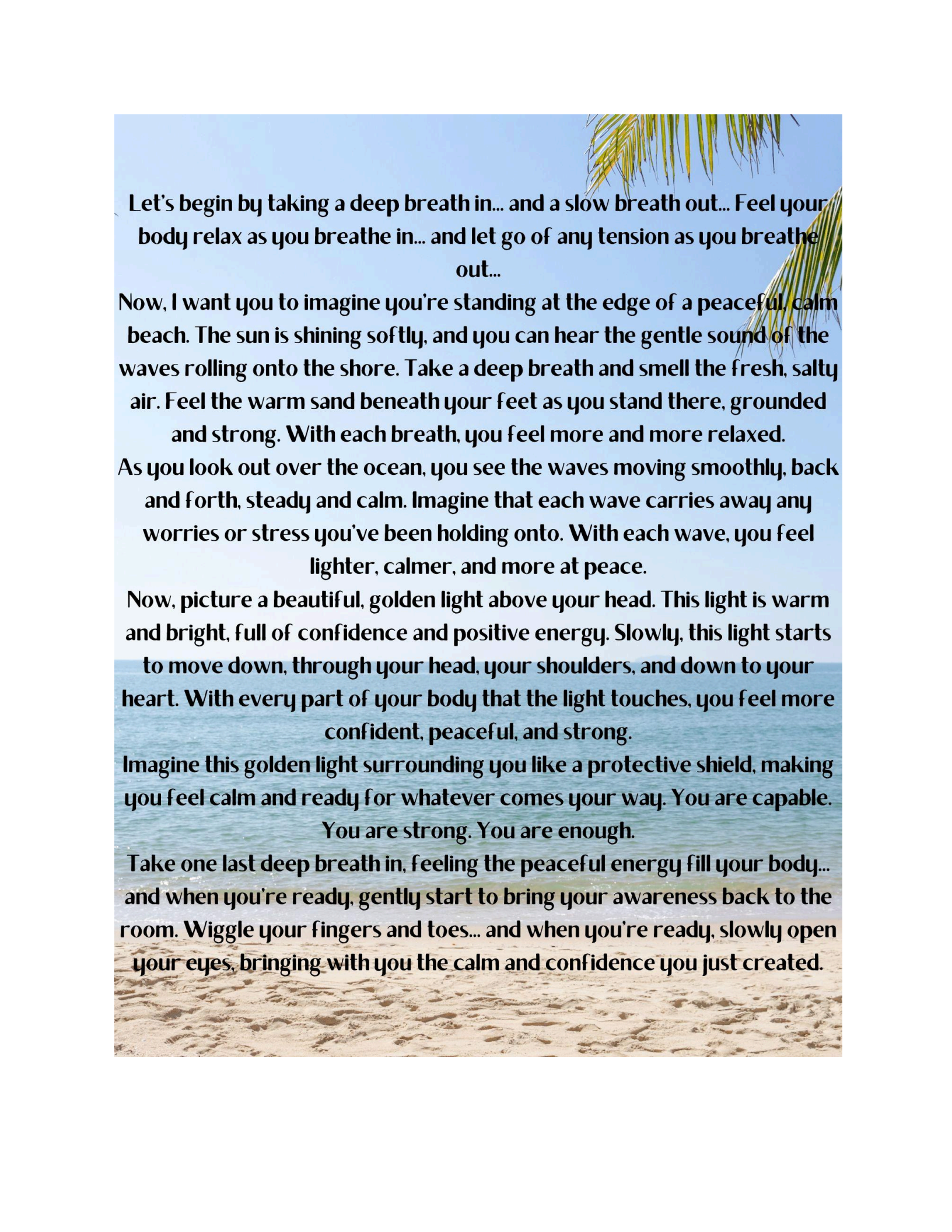
visualization meditation

Uses the imagination to create mental
images to help you focus and relax.

Step by Step:

1. Set the Stage
2. Choose Your Scenario
3. Engage Your Senses
4. Add Details
5. Embrace Emotions
6. Affirmations and Intentions
7. Duration and Consistency





Let's begin by taking a deep breath in... and a slow breath out... Feel your body relax as you breathe in... and let go of any tension as you breathe out...

Now, I want you to imagine you're standing at the edge of a peaceful, calm beach. The sun is shining softly, and you can hear the gentle sound of the waves rolling onto the shore. Take a deep breath and smell the fresh, salty air. Feel the warm sand beneath your feet as you stand there, grounded and strong. With each breath, you feel more and more relaxed.

As you look out over the ocean, you see the waves moving smoothly, back and forth, steady and calm. Imagine that each wave carries away any worries or stress you've been holding onto. With each wave, you feel lighter, calmer, and more at peace.

Now, picture a beautiful, golden light above your head. This light is warm and bright, full of confidence and positive energy. Slowly, this light starts to move down, through your head, your shoulders, and down to your heart. With every part of your body that the light touches, you feel more confident, peaceful, and strong.

Imagine this golden light surrounding you like a protective shield, making you feel calm and ready for whatever comes your way. You are capable.

You are strong. You are enough.

Take one last deep breath in, feeling the peaceful energy fill your body... and when you're ready, gently start to bring your awareness back to the room. Wiggle your fingers and toes... and when you're ready, slowly open your eyes, bringing with you the calm and confidence you just created.