



Guided Visualizations

Description

Calm Beach Visualization

Sample Script

- Envision standing on a beach, at the water's edge. The water is very calm and gentle and safe.
- Gentle waves wash up and lightly touch your feet. The waves deliver whatever it is that you need in this moment, and then carry away anything you are ready to let go of.
- With each inhale, envision the wave bringing you what you need right now, such as courage, love, relaxation or peace.
- As you exhale, let the wave carry whatever it is you are ready to release out into the depths of the ocean. Perhaps you'll release frustration, anger, fear or negativity.
- Inhaling, let the waves touch you with positivity.
- Exhaling, let them carry away what no longer serves you.

Heart-Centered Visualizations

<https://yogateachercentral.com/wp-content/uploads/2017/03/Meditation-pose-1-1-e1491095176500.jpg>

Heart Center Focus

Take a few moments to close the eyes and relax the mind. Continue to sit quietly. Then begin to focus on the heart center.

- Envision the heart center opening and receiving as the breath flows in and out of the body.



- Count 10 to 15 slow deep breaths, focusing on the heart center.

More Imagery

Glowing Sun

- Hands on heart
- Visualize heart center as a glowing sun

Green Light

- Imagine a cool and relaxing green light. With each inhale feel the green light fill your body, and with each exhale release any sensations of anxiety and stress.
- Continue to focus on the breath and the flow of energy in and out of the body.
- Next, feel the energy of the green light softly move through the body as it fills you with the sense of openness and love. Continue to breathe in this green light as you count 10 to 15 deep breaths.
- Stay here with a calm breath for 5 minutes or longer and notice the shifts in energy from this meditation practice.

Receptivity

PRACTICING RECEPTIVITY

To practiceâreceptivity, take a momentâright now, or at any other timeâto breathe in and imagine that you are taking in the subtle energy, tenderness, and grace from the universe. Or imagine that your heart is open like a funnel, so that love and energy can pour into it from the atmosphere. Rather than trying to draw in that energy, simply hold your heart open and allow it to enter as it will. âSally Kempton

Turning Body to Light

<https://yogateachercentral.com/wp-content/uploads/2017/03/med-seat-light-prana-energy-shutterstock>

Introduction

Sally Kemptonâs Yoga Journal article, *Turning Your Body to Light*, clearly describes how to practice and teach a guided visualization based on the Tantric practice of *nyasa*.

She notes that âone of its purposes is to make you aware of the essentially spiritual, or subtle, nature of the physical body, which Tantrikas regard as a condensed form of divine light, or divine sound vibration.â

The Practice

Sally Kempton describes the following steps.

- You don't have to actually see the light when you are asked to visualize it. You may simply feel that it is present.
- You might find it helpful to touch each part of your body as you do the visualization. Or simply touch the different parts of the body with your awareness.
- Sit in a comfortable, upright meditation posture. Bring yourself fully into the present moment by becoming aware of the sensations of your physical body and the movement of your breath.
- Now, focus your awareness on your right foot, and imagine that your right foot is made of golden light. You can visualize it, or simply think, "My right foot has become golden light."
- Focus on your left foot, and imagine golden light filling each part of the foot the toes, the sole, the arch. You may use your breath as well, breathing into each part of the body as you feel it fill with light.
- See the [article](#) for a sample script.

Abundance Meditation

The Practice

This meditation comes from Rick Jarow, *Creating the Work You Love* 1995 pgs 32-33.

- Sit in a comfortable position. Be aware of your feet or buttocks touching the ground.
- Feel the strength and suppleness of your spinal column and begin to gently breathe in and breathe out. Allow your breath to flow freely, smoothing out and relaxing your entire being. If you feel any tension or resistance, breathe into that place and gently invite release.
- Become aware of all the places in your body where you are holding on, trying to maintain control out of scarcity. Gently release your energy into the ever-present current of life.
- You are plugging into a circulating electric current that fills you and enlivens you. With every breath feel yourself more deeply in the current.
- You can now feel yourself being supported by the earth, as if your entire being is rooted and is receiving nourishment.
- As the breath drops you down deeper and deeper into the earth, allow your body to be breathed by the rhythm of the inhale and exhale. Every breath now synchronizes with the rhythm of life itself.
- Your breath connects you with the flow of the tides and the seas and the movement of the stars. Your rhythm is the rhythm of life the changing seasons, the progression from dawn to dark to dawn again.
- The current is ever present, and it fills you, energizes you, permeates your entire being. You feel the flow of unlimited life force, the energy that is ever available as you let go and align yourself with its beauty, power, and presence.
- Feel your being harmonized in this moment. Allow the fullness of existence to enter you and work through you.
- Feel free, open, and easy in this flow of ever abundant energy.



- From this state affirm to yourself, “This abundance, this flow, is the natural energy of being itself, and I am ever supported by this flow of energy.”
- Breathing in and out, lightly and easily letting yourself expand to receive the fullness of the life force, allow an image of abundance to arise from deep within and enter your consciousness. Do not force it. Just ask and an image will form within “literal or abstract” a gift from your inner wisdom that shows you a form of abundance.
- The image need not be understood. Just allow it to form and then hold it in mind, feeling it energizing you.
- As you breathe in and out, slowly return and integrate within your physical form, keeping the image alive.
- Know that you can return to it at any time to remember the reality of the life force. The image of abundance affirms your trust from deep within

Citta Bhavana



Introduction

[Citta Bhavana] meditations use memories and imagination to create a particular state of mind, such as gratitude and joy. Many people find it hard to believe that choosing to feel an emotion can have the same effect on your mind and body as it does when the emotion spontaneously happens. But emotions you choose to feel are just as real as the emotions triggered by external events. The changes in your brain and body are the same, and the effect on your mood can be equally powerful. â?? Kelly McGonigal PhD

- McGonigal defines *citta bhavana* as â??moving the mind.â?• Other sources define it as â??mind development.â?•



- McGonigal explains, “You can create your own meditations for any state of mind that you would like to cultivate. Simply follow the two principles of *citta bhavana*: 1) bring to mind specific words or thoughts that reflect this state of mind, the memory of a time you authentically felt this way, or someone/something that naturally inspires this state of mind in you, and 2) focus on the feeling-state that goes along with these thoughts, memories and visualizations.”

The Practice

See Kelly McGonigal’s book, pages 130-132 for scripts on “Choosing Gratitude and Joy” and “Choosing Connection and Courage.” Here is the general idea:

#1 Bring to mind the memory. Here are examples of the types of memories that may cultivate particular feelings.

- A time you felt great joy or deep peace
- A time when you laughed
- Things, people, experiences in your life that you are grateful for
- A time you felt connected to another person, animal or nature—a time when you felt affection, gratitude closeness or being a part of something bigger

#2 Recall the experience with as much sensory detail as possible.

#3 Remember how it felt in your body.

#4 See if you can re-experience that feeling now.

#5 Release the details. Stay with the experience in your body.

Guided Reflection



Introduction

This guided practice to invite receptivity and reflection was created especially for Yoga Teacher Central Members by yoga teacher, Laura Hand.

Sensory Awareness

- Begin to arrive with your senses. Let them bring you into the present moment rather than serving as a distraction.



- Without opening your eyes, first observe what it is that you see â?? in your mindâ??s eye or perhaps as external light and shadow.
- Start to notice the input from your senses without attachment or assigning meaning, just receive the information as indications of the present.
- Notice any smells that you experience or the temperature and quality of the air entering your nostrils.
- In the same way, gently lick your lips and gather any sensations of taste.
- Awaken your inner ears and tune into first the sounds that are nearest to you, then listen for sounds that are distant.
- Finally, direct your receptivity toward the sensory input from your body.
- Feel any part of you that is connected to the earth.
- Without adjusting, begin to slowly scan starting at the crown of your head. [travel down the body].
- Witness the rise and fall of your chest with the expansion and contraction of your lungs.
- Notice the change in your body.
- Take a few moments here to just be with your senses and as you quietly observe them, allow your thoughts to quiet.

[1 minute silent]

Purpose: Receptivity

- Now that you are a little more settled, know that there is nothing expected of you during this meditation. There is no product or perfect set of goals that should come out of it.
- You can listen as many times as you like with the simple intention of becoming more receptive to your inner source of creativity and manifestation.
- The purpose is not to escape or depart your current reality in exchange for that of your vision for the future, but instead to gain clarity around the experiential sensation of your highest potential in preparation for the season and year to come.
- While we will use the practice of reflection, drawing upon past memories to design a vision for the future, please do so from a place of embodiment, allowing the physical sensations to guide you.

Conscious Breaths & OM

- Let us together experience 5 complete breaths to help bring us into the embodied experience and away from excess intellectualization or over analyzing.
- Please inhale through your nose in receipt of the cool lunar in breath, and with the lips slightly parted, exhale the ascending solar breath letting with a gentle sigh.
- In your own rhythm, complete 4 more rounds of breath.
- And now, to drop into the sanctuary of practice with a clear transition into meditation, let us chant a single [OM](#).
- Please feel free to hear the sound inside or chant aloud, knowing that however you express this universal vibration is just right and makes the sound your own.

[wait 30 sec]

Introduce Contemplation

- Remembering that all that is required from you now is receptivity, start to welcome the clarity of relaxation as you listen to the following contemplations.
- Try not to search for a response or shift into intellectual thought, instead allow memories, thoughts and visualization to wash over you like waves.
- Try not to assign value, good or bad and if nothing immediately comes to mind, simply remain in relaxation and cultivate patience by hearing the mantra inside, “I am open”.

[wait 30 sec]

Options for Contemplation

1. Remember a time when you felt complete physical comfort. Where were you? What were you doing? What was the season? See if you can paint a complete sensory picture with sights, sounds, smells taste and physical sensation, welcome these memories into your present physiology and stay open to the physical triggers.
2. Recall a time where you felt unsafe or threatened. When it feels appropriate for you, recall where you experienced this in your body, allowing the sensations to arrive knowing that you are completely safe.
3. Remember a time when you were physically energized. What activity were you doing? How did this feel inside your muscles and bones?
4. Remember a time when you felt completely rested. Where did you sleep? What was the weather like? What was going on in your life? Who were you with? What did your typical meal look like?
5. Recall when you felt very tired physically, mentally or emotionally. Where did you feel tired? What was happening at the time? How did you respond?
6. Remember a time when you were particularly stressed or anxious. Was this a physical sensation or something inside your subtle body?
7. Call to mind a time of feeling emotionally charged. What was the emotion you experienced? What was happening in your life?
8. Remember when you felt powerful. Was this a physical sensation or a sense of personal pride? How did you express your power and who were you with?
9. Recall a time that you were grateful. What sparked your gratitude? Were you thankful for a person or a place? Who did you share your experience of thanks with?
10. Recall a time when you were proud of something you did. Who was the first person you talked to about it?
11. Remember a time when you felt happy for someone else. Where in your body did you experience it?
12. Recall a time when you felt like you belong. What community were you a part of?
13. Recall a time when you couldn't wait for something to happen. What was that thing? What day were you waiting for? Was there someone you were waiting for or someone waiting with you?
14. Remember a time when you felt hurt. Was this physical pain or emotional pain? What this caused by a situation or a person? Are you still healing from this hurt or are you healed?
15. Call to mind a time when you felt deeply connected to another human being, who was around you? Who did you talk to about the experience?



16. Recall a song that you love. Where did you first hear this song? Where did you listen to it later? How does this song make you feel?
17. Remember an instance where you lost track of time. Was it day or night? Were you inside or outside? Were you alone or with others? What were you doing?
18. When did you feel most creative? Were you making something or daydreaming? How did you express your creativity?
19. Remember a time when you felt spiritual or connected to something outside yourself. What were you doing? Did you experience this as an emotion or a physical sensation?
20. Recall a time over the past year when you felt absolute joy and elation. What was happening in your life? Remember the details of the situation and feel it in your body. What did it smell like? How did it taste? How long did it last?

Return to Sensory Awareness

- Now, allow your body and your mind to rest.
- Bring your attention back to the simplicity of your breath, observing, allowing and letting go.
- Start to bring your awareness back into the present moment through the vehicle of the senses by again noticing what you see with your eyelids still resting.
- What sounds can you now hear? Can you smell or taste anything?
- Stay a few moments here.

[wait 1 minute]

Closing

- Only when you are ready, begin to slowly blink your eyes open keeping the gaze soft without looking around.
- Let your re-entry happen in the same ritual way that you arrived.
- When you feel complete, you may choose to simply go about your day and continue to allow the sensations from your meditation inhabit your body and bring more clarity around the year gone by.
- You may choose to journal and record anything that has arisen for you.
- However, you choose to utilize what you have received, let it be in the spirit of reflection.
- Once you have given time and space for acknowledging that which has come before, you can begin to direct, design and create what comes next.

More Visualizations

<https://yogateachercentral.com/wp-content/uploads/2017/03/Meditation-in-forest.jpg>

Exchanging Thoughts for Feelings

This technique is from The Yavana Way.

- Gently place hands at chest



- Start breathing mindfully
- Be aware of the present thought and exchange it for a feeling
- Be with the feeling for as long as you can until another thought enters
- Exchange the new thought with a feeling and continue
- To complete, take 3 or 4 deep breaths

Body as a Healing Garden

See more on this practice in *The Therapeutic Yoga Kit* 2009 pgs 159-160

- Take a few deep breaths and allow the body to relax.
- Scan body from head to toe and notice the place holding the most tension.
- Visualize the tension as a seed; notice the hard exterior of the seed, the gripping or tightening.
- Now begin to water the seed of tension with the relaxing flow of your breath.
- Breathe in peace and tranquility and direct the breath into the tension.
- As you breathe, feel the seed softening, the hard-exterior dissolving and melting away.
- Look for any other seeds of tension, breathe into them.
- Allow each seed to transform into soft flowers.

Listening to Your Body Reflection

This process is from Yoga for Pain Relief.

- Feel what is happening right now.
- Next, ask your body “What do you need?”
- Ask other questions as desired, such as the following examples.
- What do you need a break from?
- What would nourish you best?
- Is there anything else I should know?

Chakra-Based Meditations

Become aware of all the places in your body where you are holding on, trying to maintain control out of scarcity. Gently release your energy into the ever-present current of life. You can now feel yourself being supported by the earth, as if your entire being is receiving nourishment. As the breath drops you down deeper and deeper allow your body to be breathed by the rhythm of the inhale and exhale. Every breath now synchronizes with the rhythm of life itself. Your breath connects you with the flow of the tides and the seas and the movement of the stars. Your rhythm is the rhythm of life the changing seasons, the progression from dawn to dark to dawn again. Rick Jarow

This quote is an excerpt from a meditation you’ll find in [Muladhara Chakra](#) teaching tools. See other *chakra*-supporting visualizations that as with the Abundance Meditation can be taught without overt connection to *chakra* philosophy, if you choose. See [Chakras](#) for more information.

The book *Chakra Meditation* by Swami Saradananda is chock full of images, visualizations and meditations you also might consider.



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