



## Visualizations

I love doing visualizations, even more than meditations. One can suppose, that visualizations are meditations, but guided by someone to keep you focused. If your mind wanders a lot, and you can't seem to focus on your breath, visualizations are a great alternative to use. I always seem to find an answer or clarity by the end of the visualization that helps with where I am, and where I want to be.

There are many benefits to visualizations as there are to meditations.

- Relief of anxiety
- Relaxation
- A dedicated answer to your challenges
- An ability to meet your goals with some guided direction
- Decreased insomnia, and so much more

Search the internet for one that suits you.

Here is one of my favourites, that I take myself through, at times when I need more focus, and when meditation is not working due to overthinking. See the video.

A few minutes every day is all you need. I would encourage a daily meditation or visualization routine, whatever works best for you, when your household is quiet. I like early morning, as I tend to fall asleep later in the day.

### **Here are a few pointers that will help you out:**

Find a quiet place where you won't be disturbed.

Sit comfortably with your back up against the chair or sofa, feet flat on the floor. I would strongly recommend the same place each time you meditate, as I feel The Divine, Spirit Guides and Angels, will find it easier to locate you.

Make sure you are warm enough or cool enough – you need the right temperature. Both cold or heat could affect your ability to meditate. When you are trying to meditate, even the slightest change in temperature, or noise, will disrupt you.

Always allow for at least 10 minutes of uninterrupted time for the visualization especially if you are just starting.

There are plenty of more visualizations on the world wide web, if you prefer a different voice, different music. Listening to a meditation is very personal. I find that specific voices bother me, and some music isn't helpful. You need to experiment, and find out what works for you. Some sites are free, and some you have to pay for. Some people have altars with their favorite spiritual items – crystals, candles, and more. I don't have one, but I always have some type of spiritual tool in each of my rooms in my house. You do what feels right for you.

Once you have found 'the spot' where you plan to meditate or visualize, please settle in, and close your eyes. Be mindful of the quiet in the room or in nature, and the rise and fall of your breath. Tune into your breathing. Pay attention to its ability to feel it slowing down, just by giving it attention. Stay focused on your breath. You will find your mind will want to wander but keep redirecting it back to your breathing. You can stop the video if it helps, or if you need more time to connect with your breathing.

Depending on your beliefs, you can ask the universe, The Divine, Spirit Guides or Angels for help with your challenges, and ask them to offer you solutions, for your highest good, only.

When you are ready, take one deep breath in, and hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds. (How long you hold it, is entirely up to you)

Take a second breath in, and hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds.

Take a third breath in, hold it for one, two, three, four, five seconds, and let it go slowly for one, two, three, four and five seconds.

Imagine you are now outside, taking a slow gingerly walk in the open sun, in a field of lavender or tall grass. Smell the lavender. Feel the sun beaming on you. Feel the heat of the sun. Hear the stillness of the empty meadow. Let the soft breeze caress your skin and flow through your hair. Enjoy the peacefulness of your surroundings. Feel free to lie down in the field, and imagine the strength you absorb from the sun and nature itself. Stay there a few minutes, and enjoy.

Now it's time to move on. You remember seeing a garden in the middle of the field in the distance when you started your journey and you make your way there enjoying every step you take. You see the birds close by, the bees suckling from the flowers and the breeze playing with the tall grass. You keep walking slowly and leisurely to this garden surrounded by a white picket fence. The gardener took their time planting row upon row of flowers, all with different colours, different heights, and different scents. You enjoy each and every one of them with patience. You

take the time to sit on every bench located on every row. You are enjoying the moments of quiet solitude. Just what you needed today.

You walk row upon row, and as you approach the last row, you notice a garden gate, and walk through it. On the other side of this garden is a path. You never saw it before, but here it is. Cobble stones in the middle of the field leading you to somewhere. You can't see where because the grass is so tall. You keep enjoying your walk along this beautiful path, listening to the birds, and feeling the soft rustle of the wind. What seems like forever, you reach the end of this path, on the edge of a cliff. There you see something just for you. You see a sign with a message written on it. It's your message and it has been here waiting for you.

Read it.

This is the guidance you have been looking for. Let the relief and tears come. All is good. Feeling refreshed and renewed you head back slowly, when you are ready, to the space you find comfort sitting in. Take your time. When you are settled back into this sitting space, feel free to open your eyes slowly, and return to the day. Write down what you have seen, and heard, and exactly what your message was. Take your time to slowly re-enter your day and what was waiting for you before you went on your walk. You now have your answer. Incorporate the guidance into the remainder of your day.