

Mindfulness Visualization Script

I invite you to think of a place that is special to you.

It can be real or imaginary, a place you've been, or a place you wish you could go. This place can be in nature or within your neighborhood, as long as it holds meaning for you.

As you picture this place in your mind, I invite you now to take a few deep breaths, in through your nose and out through your mouth. If at any time the deep breaths feel like a bit too much, breathe as you normally would.

Take another deep breath, in through your nose, and a long exhale through your mouth. And then again inhale and a long exhale.

Now resume breathing as usual, paying attention to that natural rise and fall in your abdomen or your chest.

Keep breathing. You keep that special place in your mind.

And I'm going to invite you now to really tap into your imagination, to better realize this place that is special to you.

As you continue breathing. I first invite you to notice what you see. Any colors, shapes, textures, patterns... What do you see in this place? And stay mindful of your breathing as you focus on what you see.

Now notice, what you hear, or any noises in this place. Do you hear other voices there? Are they the voices of strangers? Are they the voices of your loved ones?

Is there music in your special place? Is there silence? Continue to breathe. Focus on what you hear in your special place, and also still keeping in mind, as much as you can, on what you're seeing.

And when you're ready, I want you to notice what you smell and taste in your special place. When you picture this place, what smells really transport you there?

What do you taste? Is it sweet? Sour, bitter, salty? As you pay attention to the natural rise and fall of your breathing, I want you to continue to focus on what you smell and taste. And try to hold on to what you see in here as well, building a fuller picture of your special place.

And finally, I invite you to notice what you feel. The textures of this place, the temperature, if it's hot, if it's cold. Perhaps the weather or the climate of your special place. And make yourself comfortable.

Reach out your hands to feel what surrounds you, what holds you there. Hold on to what you feel, and try to combine what you feel, what you smell, what you taste, with what you hear, with what you see.

If distracting or stressful thoughts enter your mind, it's okay. Acknowledge them and return to your favorite place by drawing on your five senses again.

I'll take a few more of those deep breaths that we started with. In through the nose and out through the mouth, keeping the image of your special place in your mind. And thinking about the emotions that arise in you as you do. Maybe think about the memories that might come up.

And continue taking those deep breaths. Inhale, long exhale, and hold onto those positive emotions or feelings that your place provides for you. Whether it makes you feel calm, or happy, safe, or some other feeling.

And I want you to name those feelings, those emotions, to yourself. Being as specific as possible.

And when you're ready, you may open your eyes.