*Imaging Techniques/Visualization- (Relaxation)*

**Objective:** Imaging is used to achieve a deeply relaxed state of mind. Vivid images associated with tranquility, rest, and serenity are used as positive feedback messages to the rest of the body. Visualization works with the mind and body which subconsciously relaxes tense muscles.

**Exercise Information:** Have student lie down in a very quiet room with only soft music. Lighting may also be dimmed and a scented candle can be used to help facilitate in relaxation. Facilitator reads passages in a very soft and smooth voice. Don’t rush reading passages, take your time and read them slowly.

EXERCISE #1:

Select a comfortable position, close your eyes, and begin breathing slowly and smoothly. With each breath, feel the muscles in your body becoming heavier and heavier. Imagine the tension melting away as you continue breathing rhythmically and naturally. Now picture yourself lying on a warm, tropical beach basking in the glow of an afternoon sun. Visualize the vivid, beautiful colors of the sky, the earth, the flowers, and the plants around you. As you lie on the beach, the warmth of the golden sun penetrates every pore of your body and make you feel warmer and warmer. The golden sand feels soft and soothing; its warmth enters your hands and feet and begins to creep throughout your entire body. Imagine yourself lying serenely and restfully as your muscles become loose and limp. Feel your body sinking into the sand and drifting deeper and deeper into a state of peace and total relaxation. With each breath, watch your body become more and more relaxed, more and more at peace.

Now feel the warmth of the sunlight all over your body, warming you deeply and gently. Visualize the inside of your body bathed in the golden light, absorbing every ray and glowing as radiantly as the sun. A warm, gentle breeze swirls around your body and warms you even more. Visualize and feel the breeze blowing over every part of your body.***- Let the student relax, continue music, and let them rise slowly.***

EXERCISE #2:

Select a comfortable position, close your eyes, and begin a smooth rhythmic breathing pattern. Continue breathing this way for a few minutes and then visualize a picturesque lagoon surrounded by the tall palm trees and beautiful flowers. The water is a clear, blue turquoise and overhead is a blue cloudless sky. You hear nothing but the soft whisper of a breeze as it gently passes over your body and touches your face with its light invisible fingers.

Imagine yourself floating on the calm, gentle water. As you float, the warm water soothes and relaxes your muscles. Feel the water massaging first your feet, then your legs, yours arms, and finally the rest of your body. The water becomes warmer and warmer, and as you drift deeper and deeper into a relaxed state, it begins to melt the tension away. Picture yourself absolutely weightless in the water, perfectly at peace and floating gently, smoothly, and slowly. You’re one with the water; it surrounds you completely and loosens every muscle in your body. Each time you breathe, the warm soothing water lifts you slightly; and each time you sink back down, more tension is melted away. Soon, your body is so relaxed in the water that you feel like you’re a part of it.***-let student relax and rise when they are ready.***