



Introduction to Guided Visual Imagery Meditation

- ❖ Guided visual imagery refers to forming pictures of objects, places, or scenarios in the mind's eye.
- ❖ It is a powerful psychological tool that has been used for decades for a variety of health promoting purposes, such as relaxation and stress management. Many studies have reported its benefits in the treatment of mental health issues, chronic pain, insomnia, autoimmune disorders, and high blood pressure.
- ❖ In this study, we will ask you to practice visual imagery meditation to train your brain. Visual imagery practice will help you to let go of distractions, constant busyness, and worries. It will allow you to take time for yourself to gently focus your attention, calm your mind, and relax your body.
- ❖ When you go through the visual imagery exercises, it will be important to try to fully immerse yourself in the richness and vividness of the imagery experience.
- ❖ We think that this training will strengthen the brain circuits involved in mood regulation and attention, and help you move more mindfully and effortlessly.
- ❖ As you become more skilled in visual imagery, it is likely that you would reach a state of mind and body that is most conducive to healing and a positive attitude.

We hope that you will enjoy the visual imagery exercises!