

WEBVTT

NOTE duration:"00:11:33.9950000"

NOTE language:en-us

NOTE Confidence: 0.8917518

00:00:00.000 --> 00:00:05.916 Welcome to the visual imagery meditation.

NOTE Confidence: 0.8917518

00:00:05.920 --> 00:00:08.722 The intention of this exercise is

NOTE Confidence: 0.8917518

00:00:08.722 --> 00:00:11.157 to practice focusing your attention

NOTE Confidence: 0.8917518

00:00:11.157 --> 00:00:14.055 on one object or scenery and

NOTE Confidence: 0.8917518

00:00:14.055 --> 00:00:16.220 mindfully notice their details.

NOTE Confidence: 0.8917518

00:00:16.220 --> 00:00:19.020 We often find ourselves multi-tasking

NOTE Confidence: 0.8917518

00:00:19.020 --> 00:00:21.820 and preoccupied with various tasks

NOTE Confidence: 0.8917518

00:00:21.899 --> 00:00:24.309 and stimuli throughout the day.

NOTE Confidence: 0.8917518

00:00:24.310 --> 00:00:26.602 This exercise will give you a

NOTE Confidence: 0.8917518

00:00:26.602 --> 00:00:28.860 break from the constant busyness.

NOTE Confidence: 0.8917518

00:00:28.860 --> 00:00:30.756 While practicing this exercise,

NOTE Confidence: 0.8917518

00:00:30.756 --> 00:00:33.600 it is beneficial to adopt an

NOTE Confidence: 0.8917518

00:00:33.682 --> 00:00:36.290 attitude of openhearted interest.

NOTE Confidence: 0.8917518

00:00:36.290 --> 00:00:38.290 Approach to this exercise

NOTE Confidence: 0.8917518

00:00:38.290 --> 00:00:40.290 nonjudgmentally and with an

NOTE Confidence: 0.8917518

00:00:40.290 --> 00:00:43.060 attitude of kindhearted curiosity.

NOTE Confidence: 0.89336807

00:00:45.640 --> 00:00:47.308 To begin this practice,

NOTE Confidence: 0.89336807

00:00:47.308 --> 00:00:49.810 let yourself be in a quiet

NOTE Confidence: 0.89336807

00:00:49.898 --> 00:00:52.958 place and in a relaxed and

NOTE Confidence: 0.89336807

00:00:52.958 --> 00:00:54.488 comfortable seated position.

NOTE Confidence: 0.89336807

00:00:54.490 --> 00:00:56.932 Choose a place where your body

NOTE Confidence: 0.89336807

00:00:56.932 --> 00:00:58.560 feels comfortable and supported.

NOTE Confidence: 0.87649894

00:01:09.920 --> 00:01:12.644 You might notice your mind wandering

NOTE Confidence: 0.87649894

00:01:12.644 --> 00:01:15.200 with thoughts during this exercise.

NOTE Confidence: 0.87649894

00:01:15.200 --> 00:01:16.505 This is normal.

NOTE Confidence: 0.87649894

00:01:16.505 --> 00:01:19.115 Your mind is designed to think.

NOTE Confidence: 0.87649894

00:01:19.120 --> 00:01:21.050 Simply notice when your mind

NOTE Confidence: 0.87649894

00:01:21.050 --> 00:01:22.980 wanders and kindly refocus your

NOTE Confidence: 0.87649894

00:01:23.054 --> 00:01:25.436 attention back to the visual imagery.

NOTE Confidence: 0.8256978

00:01:32.450 --> 00:01:36.195 Now begin by softly closing your eyes.

NOTE Confidence: 0.8256978

00:01:36.200 --> 00:01:37.840 And noticing your breathing

NOTE Confidence: 0.8256978

00:01:37.840 --> 00:01:39.480 as it naturally happens,

NOTE Confidence: 0.8256978

00:01:39.480 --> 00:01:41.940 and let each breath relax you.

NOTE Confidence: 0.79556173

00:01:53.520 --> 00:01:56.220 Let your breaths quiet your mind.

NOTE Confidence: 0.8650419

00:02:06.760 --> 00:02:09.562 As your mind quiets, you may

NOTE Confidence: 0.8650419

00:02:09.562 --> 00:02:11.430 find yourself releasing tension

NOTE Confidence: 0.8650419

00:02:11.514 --> 00:02:13.538 and becoming more relaxed.

NOTE Confidence: 0.8292937

00:02:25.510 --> 00:02:27.640 Now, as the tension melts,

NOTE Confidence: 0.8292937

00:02:27.640 --> 00:02:29.760 feel your mind and body,

NOTE Confidence: 0.8292937

00:02:29.760 --> 00:02:31.460 freeing stress and inviting

NOTE Confidence: 0.8292937

00:02:31.460 --> 00:02:33.160 peace and well being.

NOTE Confidence: 0.92456174

00:02:45.400 --> 00:02:48.270 Now take a deep breath.

NOTE Confidence: 0.92456174

00:02:48.270 --> 00:02:50.090 Slowly breathing in through your

NOTE Confidence: 0.92456174

00:02:50.090 --> 00:02:52.350 nose and out through your mouth.

NOTE Confidence: 0.890536509333333

00:03:02.430 --> 00:03:04.346 Again, another deep breath.

NOTE Confidence: 0.890536509333333  
00:03:04.346 --> 00:03:06.741 Slowly breathing in through your  
NOTE Confidence: 0.890536509333333  
00:03:06.741 --> 00:03:09.288 nose and out through your mouth.  
NOTE Confidence: 0.8967028  
00:03:18.150 --> 00:03:20.325 And again another deep breath  
NOTE Confidence: 0.8967028  
00:03:20.325 --> 00:03:22.500 slowly breathing in through your  
NOTE Confidence: 0.8967028  
00:03:22.573 --> 00:03:24.817 nose and out through your mouth.  
NOTE Confidence: 0.88356954  
00:03:36.340 --> 00:03:38.944 And again one more time slowly  
NOTE Confidence: 0.88356954  
00:03:38.944 --> 00:03:41.150 breathing in through your nose.  
NOTE Confidence: 0.88356954  
00:03:41.150 --> 00:03:42.410 And out through your mouth.  
NOTE Confidence: 0.9044335  
00:03:56.810 --> 00:03:59.498 Now imagine that you are sitting quietly  
NOTE Confidence: 0.9044335  
00:03:59.498 --> 00:04:02.328 and watching a sunset on a summer day.  
NOTE Confidence: 0.82308906  
00:04:15.540 --> 00:04:17.868 You may be on a beach,  
NOTE Confidence: 0.82308906  
00:04:17.870 --> 00:04:19.820 on a terrace or rooftop.  
NOTE Confidence: 0.903958  
00:04:31.750 --> 00:04:33.766 Picture your surroundings and  
NOTE Confidence: 0.903958  
00:04:33.766 --> 00:04:36.286 imagine yourself in this scene.  
NOTE Confidence: 0.77239275  
00:05:07.920 --> 00:05:09.393 Appreciate the calmness  
NOTE Confidence: 0.77239275

00:05:09.393 --> 00:05:11.357 that the sunset brings.  
NOTE Confidence: 0.86062443

00:05:23.720 --> 00:05:25.928 With open hearted curiosity,  
NOTE Confidence: 0.86062443

00:05:25.928 --> 00:05:28.136 focus on the sunset.  
NOTE Confidence: 0.8659701

00:05:44.350 --> 00:05:47.178 Does the sun slip behind a mountain  
NOTE Confidence: 0.8659701

00:05:47.178 --> 00:05:49.430 or disappear in the horizon?  
NOTE Confidence: 0.89195615

00:06:00.980 --> 00:06:03.787 Notice the various colors in the sky.  
NOTE Confidence: 0.9009131

00:06:15.880 --> 00:06:17.412 Perhaps notice the colors  
NOTE Confidence: 0.9009131

00:06:17.412 --> 00:06:19.327 and shapes of the clouds.  
NOTE Confidence: 0.88222134

00:06:31.330 --> 00:06:33.298 Become aware of any sounds or  
NOTE Confidence: 0.88222134

00:06:33.298 --> 00:06:35.200 smells that might be present.  
NOTE Confidence: 0.87242615

00:06:48.370 --> 00:06:51.149 Feel the air as you breathe in.  
NOTE Confidence: 0.90871435

00:07:05.270 --> 00:07:07.718 Continue to observe the various details  
NOTE Confidence: 0.90871435

00:07:07.718 --> 00:07:10.588 of the sunset in your mind's eye.  
NOTE Confidence: 0.90201616

00:07:50.110 --> 00:07:51.825 Now bring your attention back  
NOTE Confidence: 0.90201616

00:07:51.825 --> 00:07:54.040 to the sunset as a whole.  
NOTE Confidence: 0.8531938

00:08:05.700 --> 00:08:07.550 Notice how the tranquility of

NOTE Confidence: 0.8531938  
00:08:07.550 --> 00:08:10.161 the sunset may calm your mind and  
NOTE Confidence: 0.8531938  
00:08:10.161 --> 00:08:12.219 give you a sense of relaxation.  
NOTE Confidence: 0.916494  
00:08:25.420 --> 00:08:27.140 Take a deep breath in.  
NOTE Confidence: 0.14762592  
00:08:30.540 --> 00:08:31.430 Endow  
NOTE Confidence: 0.78009784  
00:08:34.830 --> 00:08:37.120 feel your breaths, energize your  
NOTE Confidence: 0.78009784  
00:08:37.120 --> 00:08:40.499 body as they may bring a sense  
NOTE Confidence: 0.78009784  
00:08:40.499 --> 00:08:42.499 of healthiness and strength.  
NOTE Confidence: 0.78009784  
00:08:42.500 --> 00:08:44.108 Slowly breathing through your  
NOTE Confidence: 0.78009784  
00:08:44.108 --> 00:08:46.520 nose and out through your mouth.  
NOTE Confidence: 0.8621473  
00:08:56.730 --> 00:08:58.800 And again, slowly breathing through  
NOTE Confidence: 0.8621473  
00:08:58.800 --> 00:09:01.689 your nose and out through your mouth.  
NOTE Confidence: 0.8667357  
00:09:10.050 --> 00:09:13.302 And again, slowly breathing in through  
NOTE Confidence: 0.8667357  
00:09:13.302 --> 00:09:15.600 your nose. And out through your mouth.  
NOTE Confidence: 0.8881138  
00:09:26.350 --> 00:09:29.101 And one more time slowly breathing in  
NOTE Confidence: 0.8881138  
00:09:29.101 --> 00:09:32.288 through your nose and out through your mouth.  
NOTE Confidence: 0.8845098

00:09:46.080 --> 00:09:49.548 May you be happy and peaceful.

NOTE Confidence: 0.8845098

00:09:49.550 --> 00:09:53.800 May you feel a sense of well being and ease.

NOTE Confidence: 0.8845098

00:09:53.800 --> 00:09:55.870 Take a moment for yourself.

NOTE Confidence: 0.8462552

00:10:30.790 --> 00:10:33.098 When you are ready,

NOTE Confidence: 0.8462552

00:10:33.098 --> 00:10:35.406 slowly notice your surroundings.

NOTE Confidence: 0.8462552

00:10:35.410 --> 00:10:37.366 The temperature in the room or

NOTE Confidence: 0.8462552

00:10:37.366 --> 00:10:39.270 sounds that may be present.

NOTE Confidence: 0.89367914

00:10:51.810 --> 00:10:54.648 Gently open your eyes and show

NOTE Confidence: 0.89367914

00:10:54.648 --> 00:10:56.540 yourself gratitude and loving

NOTE Confidence: 0.89367914

00:10:56.622 --> 00:10:59.616 kindness for taking time for yourself.

NOTE Confidence: 0.8977914

00:11:12.330 --> 00:11:14.826 May this time give you a

NOTE Confidence: 0.8977914

00:11:14.826 --> 00:11:16.932 sense of revitalization to go

NOTE Confidence: 0.8977914

00:11:16.932 --> 00:11:19.098 on with your day or evening.

NOTE Confidence: 0.9366859

00:11:31.430 --> 00:11:33.992 This practice has come to an end.