

WEBVTT

NOTE duration:"00:12:00.7720000"

NOTE language:en-us

NOTE Confidence: 0.8968371

00:00:00.000 --> 00:00:05.808 Welcome to the visual imagery meditation.

NOTE Confidence: 0.8968371

00:00:05.810 --> 00:00:08.606 The intention of this exercise is

NOTE Confidence: 0.8968371

00:00:08.606 --> 00:00:11.037 to practice focusing your attention

NOTE Confidence: 0.8968371

00:00:11.037 --> 00:00:13.929 on one object or scenery and

NOTE Confidence: 0.8968371

00:00:13.929 --> 00:00:16.090 mindfully notice their details.

NOTE Confidence: 0.8968371

00:00:16.090 --> 00:00:18.455 We often find ourselves multi-tasking

NOTE Confidence: 0.8968371

00:00:18.455 --> 00:00:20.820 and preoccupied with various tasks

NOTE Confidence: 0.8968371

00:00:20.891 --> 00:00:22.926 and stimuli throughout the day.

NOTE Confidence: 0.8968371

00:00:22.930 --> 00:00:25.858 This exercise will give you a

NOTE Confidence: 0.8968371

00:00:25.858 --> 00:00:28.740 break from the constant busyness.

NOTE Confidence: 0.8968371

00:00:28.740 --> 00:00:30.624 While practicing this exercise,

NOTE Confidence: 0.8968371

00:00:30.624 --> 00:00:34.145 it is beneficial to adopt an attitude

NOTE Confidence: 0.8968371

00:00:34.145 --> 00:00:37.205 of Openhearted interest approach to

NOTE Confidence: 0.8968371

00:00:37.205 --> 00:00:40.290 this exercise nonjudgmentally and with

NOTE Confidence: 0.8968371

00:00:40.290 --> 00:00:43.040 an attitude of kindhearted curiosity.

NOTE Confidence: 0.87603074

00:00:45.580 --> 00:00:47.180 To begin this practice,

NOTE Confidence: 0.87603074

00:00:47.180 --> 00:00:49.580 let yourself be in a quiet

NOTE Confidence: 0.87603074

00:00:49.665 --> 00:00:52.599 place and in a relaxed and

NOTE Confidence: 0.87603074

00:00:52.599 --> 00:00:54.066 comfortable seated position.

NOTE Confidence: 0.87603074

00:00:54.070 --> 00:00:56.752 Choose a place where your body

NOTE Confidence: 0.87603074

00:00:56.752 --> 00:00:58.540 feels comfortable and supported.

NOTE Confidence: 0.8784568

00:01:09.870 --> 00:01:12.594 You might notice your mind wandering

NOTE Confidence: 0.8784568

00:01:12.594 --> 00:01:15.150 with thoughts during this exercise.

NOTE Confidence: 0.8784568

00:01:15.150 --> 00:01:16.452 This is normal.

NOTE Confidence: 0.8784568

00:01:16.452 --> 00:01:19.056 Your mind is designed to think.

NOTE Confidence: 0.8784568

00:01:19.060 --> 00:01:21.000 Simply notice when your mind

NOTE Confidence: 0.8784568

00:01:21.000 --> 00:01:22.940 wanders and kindly refocus your

NOTE Confidence: 0.8784568

00:01:23.006 --> 00:01:25.400 attention back to the visual imagery.

NOTE Confidence: 0.8369573

00:01:27.140 --> 00:01:31.137 Now begin by softly closing your eyes.

NOTE Confidence: 0.8369573

00:01:31.140 --> 00:01:32.868 And noticing your breathing  
NOTE Confidence: 0.8369573

00:01:32.868 --> 00:01:34.596 as it naturally happens,  
NOTE Confidence: 0.8369573

00:01:34.600 --> 00:01:37.186 and lay each breath relax you.  
NOTE Confidence: 0.74646044

00:01:49.110 --> 00:01:52.176 Let your breaths quiet your mind.  
NOTE Confidence: 0.85895485

00:02:03.590 --> 00:02:06.482 As your mind quiets, you may  
NOTE Confidence: 0.85895485

00:02:06.482 --> 00:02:08.410 find yourself releasing tension  
NOTE Confidence: 0.85895485

00:02:08.498 --> 00:02:10.590 and becoming more relaxed.  
NOTE Confidence: 0.81766796

00:02:23.720 --> 00:02:26.220 Now, as the tension melts,  
NOTE Confidence: 0.81766796

00:02:26.220 --> 00:02:29.706 feel your mind and body, freeing stress  
NOTE Confidence: 0.81766796

00:02:29.706 --> 00:02:32.694 an inviting peace and well being.  
NOTE Confidence: 0.9075088

00:02:45.310 --> 00:02:48.750 Now take a deep breath.  
NOTE Confidence: 0.9075088

00:02:48.750 --> 00:02:50.415 Slowly breathing in through your  
NOTE Confidence: 0.9075088

00:02:50.415 --> 00:02:52.490 nose and out through your mouth.  
NOTE Confidence: 0.88584166

00:03:00.030 --> 00:03:02.150 Take another deep breath.  
NOTE Confidence: 0.88584166

00:03:02.150 --> 00:03:05.330 Slowly breathing in through your nose.  
NOTE Confidence: 0.88584166

00:03:05.330 --> 00:03:06.660 And out through your mouth.

NOTE Confidence: 0.91440636

00:03:13.810 --> 00:03:16.885 And again another deep breath

NOTE Confidence: 0.91440636

00:03:16.885 --> 00:03:19.960 breathing in through your nose.

NOTE Confidence: 0.91440636

00:03:19.960 --> 00:03:21.220 And out their mouth.

NOTE Confidence: 0.8841391

00:03:29.540 --> 00:03:33.152 And one more time breathing in their

NOTE Confidence: 0.8841391

00:03:33.152 --> 00:03:35.170 nose. And out through your mouth.

NOTE Confidence: 0.8816203

00:03:50.880 --> 00:03:53.055 Now imagine you are sitting

NOTE Confidence: 0.8816203

00:03:53.055 --> 00:03:55.630 outside gazing at the night sky.

NOTE Confidence: 0.9177762

00:04:09.870 --> 00:04:12.576 It's just you and this guy.

NOTE Confidence: 0.89057386

00:04:24.230 --> 00:04:27.490 It is a summer night and the air is still.

NOTE Confidence: 0.8792566

00:04:40.110 --> 00:04:41.409 Notice your surroundings.

NOTE Confidence: 0.8792566

00:04:41.409 --> 00:04:43.574 You might be sitting on

NOTE Confidence: 0.8792566

00:04:43.574 --> 00:04:45.739 the patio, in the backyard,

NOTE Confidence: 0.8792566

00:04:45.739 --> 00:04:48.337 or in a large grassy area.

NOTE Confidence: 0.85727596

00:05:11.550 --> 00:05:13.646 Appreciate the peace that

NOTE Confidence: 0.85727596

00:05:13.646 --> 00:05:16.266 comes along with the temporary

NOTE Confidence: 0.85727596

00:05:16.266 --> 00:05:18.806 solitude of just you and the sky.

NOTE Confidence: 0.84289986

00:05:31.430 --> 00:05:36.057 With kindhearted curiosity focus on the sky.

NOTE Confidence: 0.84273076

00:05:50.590 --> 00:05:52.320 Notice if there are clouds

NOTE Confidence: 0.84273076

00:05:52.320 --> 00:05:54.473 present and if you could make

NOTE Confidence: 0.84273076

00:05:54.473 --> 00:05:56.567 out any shapes from the clouds.

NOTE Confidence: 0.7435895

00:06:10.830 --> 00:06:13.530 Observe the stars some bright,

NOTE Confidence: 0.7435895

00:06:13.530 --> 00:06:16.770 some dull, some connecting and patterns.

NOTE Confidence: 0.8909692

00:06:30.310 --> 00:06:32.698 Notice how the sky lights up

NOTE Confidence: 0.8909692

00:06:32.698 --> 00:06:34.290 the environment around you.

NOTE Confidence: 0.8291959

00:06:51.680 --> 00:06:54.146 Notice any sounds that might be

NOTE Confidence: 0.8291959

00:06:54.146 --> 00:06:56.200 present, such as crickets chirping.

NOTE Confidence: 0.7773251

00:07:10.190 --> 00:07:13.515 Now widen your focus to the moon.

NOTE Confidence: 0.7773251

00:07:13.520 --> 00:07:16.528 Notice the shape and color of the moon.

NOTE Confidence: 0.8813492

00:07:30.040 --> 00:07:32.908 Notice the proximity of the moon.

NOTE Confidence: 0.91971356

00:07:44.010 --> 00:07:46.506 Continue to focus on the night sky.

NOTE Confidence: 0.91971356

00:07:46.510 --> 00:07:47.938 In your mind's eye.

NOTE Confidence: 0.89546305  
00:08:31.300 --> 00:08:32.592 Now bring your attention  
NOTE Confidence: 0.89546305  
00:08:32.592 --> 00:08:35.040 back to the sky as a whole.  
NOTE Confidence: 0.8069076  
00:08:46.390 --> 00:08:48.250 Notice how the sky is.  
NOTE Confidence: 0.8069076  
00:08:48.250 --> 00:08:50.105 Vastness may expand your mind  
NOTE Confidence: 0.8069076  
00:08:50.105 --> 00:08:52.709 and give you a sense of peace.  
NOTE Confidence: 0.8889152  
00:09:07.750 --> 00:09:09.550 Take a deep breath in.  
NOTE Confidence: 0.7944356  
00:09:12.260 --> 00:09:13.190 And out.  
NOTE Confidence: 0.8074923  
00:09:15.360 --> 00:09:16.674 Feel your breaths.  
NOTE Confidence: 0.8074923  
00:09:16.674 --> 00:09:19.740 Energize your body as they may bring  
NOTE Confidence: 0.8074923  
00:09:19.828 --> 00:09:22.696 a sense of healthiness and strength.  
NOTE Confidence: 0.8074923  
00:09:22.700 --> 00:09:24.720 Slowly breathe in their nose  
NOTE Confidence: 0.8074923  
00:09:24.720 --> 00:09:26.740 and out through your mouth.  
NOTE Confidence: 0.8724666  
00:09:31.970 --> 00:09:35.414 And again, breathe in through your nose.  
NOTE Confidence: 0.8724666  
00:09:35.420 --> 00:09:36.720 And out through your mouth.  
NOTE Confidence: 0.78751295  
00:09:44.480 --> 00:09:48.280 Breathe into your nose. And out their mouth.  
NOTE Confidence: 0.82603745

00:09:56.000 --> 00:09:58.124 And one more time.  
NOTE Confidence: 0.82603745

00:09:58.124 --> 00:10:00.248 Breathing do you know?  
NOTE Confidence: 0.82603745

00:10:00.250 --> 00:10:01.510 And out through your mouth.  
NOTE Confidence: 0.86051464

00:10:15.840 --> 00:10:19.326 May you be happy and peaceful.  
NOTE Confidence: 0.86051464

00:10:19.330 --> 00:10:24.310 May you feel a sense of well being and ease.  
NOTE Confidence: 0.86051464

00:10:24.310 --> 00:10:26.700 Take a moment for yourself.  
NOTE Confidence: 0.86768985

00:11:00.050 --> 00:11:01.858 When you are ready,  
NOTE Confidence: 0.86768985

00:11:01.858 --> 00:11:03.666 slowly notice your surroundings.  
NOTE Confidence: 0.86768985

00:11:03.670 --> 00:11:06.196 The temperature in the room or  
NOTE Confidence: 0.86768985

00:11:06.196 --> 00:11:08.660 sounds that may be present.  
NOTE Confidence: 0.87464136

00:11:18.860 --> 00:11:21.698 Gently open your eyes and show  
NOTE Confidence: 0.87464136

00:11:21.698 --> 00:11:23.590 yourself gratitude and loving  
NOTE Confidence: 0.87464136

00:11:23.672 --> 00:11:26.666 kindness for taking time for yourself.  
NOTE Confidence: 0.90008086

00:11:38.350 --> 00:11:40.624 May this time give you a  
NOTE Confidence: 0.90008086

00:11:40.624 --> 00:11:42.522 sense of revitalization to go  
NOTE Confidence: 0.90008086

00:11:42.522 --> 00:11:44.364 on with your day or night.

NOTE Confidence: 0.9349665

00:11:56.240 --> 00:12:00.769 This practice has come to an end.