

WEBVTT

NOTE duration:"00:12:43.0630000"

NOTE language:en-us

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

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

NOTE Confidence: 0.8931602

00:00:33.688 --> 00:00:36.300 attitude of openhearted interest.

NOTE Confidence: 0.8931602

00:00:36.300 --> 00:00:38.296 Approach to this exercise

NOTE Confidence: 0.8931602  
00:00:38.296 --> 00:00:40.292 nonjudgmentally and with an  
NOTE Confidence: 0.8931602  
00:00:40.292 --> 00:00:43.060 attitude of kindhearted curiosity.  
NOTE Confidence: 0.8944662  
00:00:45.640 --> 00:00:47.308 To begin this practice,  
NOTE Confidence: 0.8944662  
00:00:47.308 --> 00:00:49.810 let yourself be in a quiet  
NOTE Confidence: 0.8944662  
00:00:49.898 --> 00:00:52.958 place and in a relaxed and  
NOTE Confidence: 0.8944662  
00:00:52.958 --> 00:00:54.488 comfortable seated position.  
NOTE Confidence: 0.8944662  
00:00:54.490 --> 00:00:56.932 Choose a place where your body  
NOTE Confidence: 0.8944662  
00:00:56.932 --> 00:00:58.560 feels comfortable and supported.  
NOTE Confidence: 0.87678283  
00:01:09.920 --> 00:01:12.644 You might notice your mind wandering  
NOTE Confidence: 0.87678283  
00:01:12.644 --> 00:01:15.200 with thoughts during this exercise.  
NOTE Confidence: 0.87678283  
00:01:15.200 --> 00:01:16.505 This is normal.  
NOTE Confidence: 0.87678283  
00:01:16.505 --> 00:01:19.115 Your mind is designed to think.  
NOTE Confidence: 0.87678283  
00:01:19.120 --> 00:01:21.035 Simply notice when your mind  
NOTE Confidence: 0.87678283  
00:01:21.035 --> 00:01:22.950 wanders and kindly refocus your  
NOTE Confidence: 0.87678283  
00:01:23.017 --> 00:01:25.375 attention back to the visual imagery.  
NOTE Confidence: 0.8549869

00:01:28.300 --> 00:01:30.250 Now begin by softly closing  
NOTE Confidence: 0.8549869

00:01:30.250 --> 00:01:32.200 your eyes and noticing your  
NOTE Confidence: 0.8549869

00:01:32.276 --> 00:01:34.686 breathing as it naturally happens,  
NOTE Confidence: 0.8549869

00:01:34.690 --> 00:01:37.246 and let each breath relax you.  
NOTE Confidence: 0.75034535

00:01:49.410 --> 00:01:52.170 Let your breaths quiet your mind.  
NOTE Confidence: 0.85783744

00:02:05.240 --> 00:02:08.186 As your mind quiets, you may  
NOTE Confidence: 0.85783744

00:02:08.186 --> 00:02:10.150 find yourself releasing tension  
NOTE Confidence: 0.85783744

00:02:10.239 --> 00:02:12.367 and becoming more relaxed.  
NOTE Confidence: 0.80185217

00:02:30.200 --> 00:02:32.430 Now is the tension melts.  
NOTE Confidence: 0.80185217

00:02:32.430 --> 00:02:34.660 Feel your mind and body,  
NOTE Confidence: 0.80185217

00:02:34.660 --> 00:02:36.444 freeing stress and inviting  
NOTE Confidence: 0.80185217

00:02:36.444 --> 00:02:38.228 peace and well being.  
NOTE Confidence: 0.88969374

00:02:54.900 --> 00:02:57.360 Now take a deep breath.  
NOTE Confidence: 0.88969374

00:02:57.360 --> 00:02:59.510 Slowly breathe in through your  
NOTE Confidence: 0.88969374

00:02:59.510 --> 00:03:02.200 nose and out through your mouth.  
NOTE Confidence: 0.87595725

00:03:09.590 --> 00:03:13.880 Again. Slowly take a deep breath.

NOTE Confidence: 0.87595725  
00:03:13.880 --> 00:03:15.580 Breathing in through your nose  
NOTE Confidence: 0.87595725  
00:03:15.580 --> 00:03:17.280 and out through your mouth.  
NOTE Confidence: 0.9120107  
00:03:25.780 --> 00:03:28.408 Take another deep breath.  
NOTE Confidence: 0.9120107  
00:03:28.410 --> 00:03:32.388 Slowly breathe in through your nose.  
NOTE Confidence: 0.9120107  
00:03:32.390 --> 00:03:33.860 And out through your mouth.  
NOTE Confidence: 0.8841422  
00:03:43.590 --> 00:03:49.228 And one more time. Take a deep breath.  
NOTE Confidence: 0.8841422  
00:03:49.228 --> 00:03:53.020 Slowly breathe in through your nose.  
NOTE Confidence: 0.8841422  
00:03:53.020 --> 00:03:54.380 Hand out through your mouth.  
NOTE Confidence: 0.9086176  
00:04:04.570 --> 00:04:06.190 Now imagine you were sitting  
NOTE Confidence: 0.9086176  
00:04:06.190 --> 00:04:08.220 in front of a large tree.  
NOTE Confidence: 0.8830457  
00:04:21.780 --> 00:04:23.894 It is just you in the tree  
NOTE Confidence: 0.8830457  
00:04:23.894 --> 00:04:25.870 in a large grassy area.  
NOTE Confidence: 0.9083622  
00:04:43.590 --> 00:04:46.890 It is a warm day and the air is still.  
NOTE Confidence: 0.87455446  
00:05:01.090 --> 00:05:03.490 Notice the sounds that might be  
NOTE Confidence: 0.87455446  
00:05:03.490 --> 00:05:05.490 present, such as birds chirping.  
NOTE Confidence: 0.90012443

00:05:22.190 --> 00:05:25.060 Appreciate the peace that comes  
NOTE Confidence: 0.90012443

00:05:25.060 --> 00:05:27.930 along with the temporary solitude.  
NOTE Confidence: 0.90012443

00:05:27.930 --> 00:05:30.426 I've just you and the tree.  
NOTE Confidence: 0.8473541

00:05:43.510 --> 00:05:48.438 With kindhearted curiosity focus on the tree.  
NOTE Confidence: 0.8671763

00:06:01.550 --> 00:06:04.028 Notice the shape of the tree trunk,  
NOTE Confidence: 0.8671763

00:06:04.030 --> 00:06:06.028 how it connects to the ground  
NOTE Confidence: 0.8671763

00:06:06.028 --> 00:06:08.628 and how it fits along the grass.  
NOTE Confidence: 0.84842914

00:06:29.390 --> 00:06:31.380 Perhaps notice the shapes within  
NOTE Confidence: 0.84842914

00:06:31.380 --> 00:06:33.850 the varying colors of the trunk.  
NOTE Confidence: 0.7611401

00:06:48.510 --> 00:06:52.514 Now widen your focus to the branches.  
NOTE Confidence: 0.7611401

00:06:52.520 --> 00:06:54.949 Notice the shapes and colors of the  
NOTE Confidence: 0.7611401

00:06:54.949 --> 00:06:57.658 branches as they separate from the trunk.  
NOTE Confidence: 0.8395462

00:07:13.430 --> 00:07:16.076 Notice any leaves on the branches and  
NOTE Confidence: 0.8395462

00:07:16.076 --> 00:07:18.818 the shapes and colors of the leaves.  
NOTE Confidence: 0.85676086

00:07:37.640 --> 00:07:40.256 Move your focus to any buds,  
NOTE Confidence: 0.85676086

00:07:40.260 --> 00:07:42.290 blooming flowers or fruit that

NOTE Confidence: 0.85676086  
00:07:42.290 --> 00:07:45.050 might be growing from the branches.

NOTE Confidence: 0.88748777  
00:07:57.070 --> 00:07:59.838 Notice the colors of the flowers or fruit.

NOTE Confidence: 0.8308583  
00:08:13.260 --> 00:08:15.672 Notice any aromas in the air

NOTE Confidence: 0.8308583  
00:08:15.672 --> 00:08:17.960 from the flowers or fruits?

NOTE Confidence: 0.8815793  
00:08:29.430 --> 00:08:31.405 Continue to observe the various

NOTE Confidence: 0.8815793  
00:08:31.405 --> 00:08:34.550 intricacies of the tree in your mind's eye.

NOTE Confidence: 0.9036678  
00:09:08.030 --> 00:09:09.302 Now bring your attention

NOTE Confidence: 0.9036678  
00:09:09.302 --> 00:09:11.700 back to the tree as a whole.

NOTE Confidence: 0.86184084  
00:09:24.420 --> 00:09:26.325 Notice how the sturdiness of

NOTE Confidence: 0.86184084  
00:09:26.325 --> 00:09:28.624 the tree may ground your mind

NOTE Confidence: 0.86184084  
00:09:28.624 --> 00:09:30.829 and give you a sense of peace.

NOTE Confidence: 0.90349185  
00:09:43.970 --> 00:09:45.810 Take a deep breath in.

NOTE Confidence: 0.7637032  
00:09:48.870 --> 00:09:49.830 Hand out

NOTE Confidence: 0.81007105  
00:09:53.480 --> 00:09:55.925 feel your breaths, energize your

NOTE Confidence: 0.81007105  
00:09:55.925 --> 00:09:59.525 body as they may bring a sense

NOTE Confidence: 0.81007105

00:09:59.525 --> 00:10:01.657 of healthiness and strength.

NOTE Confidence: 0.81007105

00:10:01.660 --> 00:10:04.070 Slowly breathing through your nose.

NOTE Confidence: 0.8654361

00:10:06.600 --> 00:10:08.380 Hand out through your mouth.

NOTE Confidence: 0.9186771

00:10:16.080 --> 00:10:18.336 And again in through your nose.

NOTE Confidence: 0.86972135

00:10:22.120 --> 00:10:23.660 And out there your mouth.

NOTE Confidence: 0.8724628

00:10:28.920 --> 00:10:31.270 Again, breathing through your nose.

NOTE Confidence: 0.8606994

00:10:34.220 --> 00:10:35.660 And out through your mouth.

NOTE Confidence: 0.895121

00:10:40.930 --> 00:10:43.746 And one more time in through your nose.

NOTE Confidence: 0.83927447

00:10:46.950 --> 00:10:48.260 And out through your mouth.

NOTE Confidence: 0.8846772

00:10:54.650 --> 00:10:58.358 May you be happy and peaceful.

NOTE Confidence: 0.8846772

00:10:58.360 --> 00:11:03.100 May you feel a sense of well being and ease.

NOTE Confidence: 0.8846772

00:11:03.100 --> 00:11:05.160 Take a moment for yourself.

NOTE Confidence: 0.84768812

00:11:38.570 --> 00:11:41.178 When you are ready.

NOTE Confidence: 0.84768812

00:11:41.178 --> 00:11:43.786 Slowly notice your surroundings.

NOTE Confidence: 0.84768812

00:11:43.790 --> 00:11:46.400 The temperature in the room.

NOTE Confidence: 0.84768812

00:11:46.400 --> 00:11:48.296 Or sounds that may be present.

NOTE Confidence: 0.8787134

00:11:59.500 --> 00:12:02.512 Gently open your eyes and show

NOTE Confidence: 0.8787134

00:12:02.512 --> 00:12:04.520 yourself gratitude and loving

NOTE Confidence: 0.8787134

00:12:04.608 --> 00:12:07.788 kindness for taking time for yourself.

NOTE Confidence: 0.9021071

00:12:22.160 --> 00:12:24.758 May this time give you a

NOTE Confidence: 0.9021071

00:12:24.758 --> 00:12:26.959 sense of revitalization to go

NOTE Confidence: 0.9021071

00:12:26.959 --> 00:12:29.215 on with your day or evening.

NOTE Confidence: 0.93758327

00:12:40.710 --> 00:12:43.062 This practice has come to an end.