

Journey Visualization

Take a deep breath in and blow it out

Take another breath in and let it out, now closing your eyes

You are going on a journey

It can be any place at all real or imaginary, and whatever you need for your journey is in the bag you are taking along

So where are you going?

And when you arrive what do you see?

The air around you feels like...You dressed comfortably...What are you wearing?

Breathe in deeply and smell the fragrance of...What's in the air around you?

Enjoy a scent that calms you and makes you feel safe and comfortable.

As you walk along what do feel beneath your feet...Is it soft, warm, hard, cool...

What do you see in the distance? What do you see nearby?

Is there something near you that you would like to feel, go ahead, touch it... feel the texture, temperature, size, shape.

Is there any water in your image, if so use it to help you relax as you see fit...

Is it peaceful to look at or listen to or do you wish to be in it...Water is cool and refreshing...Enjoy water by taste or sight if it fits into your image.

Food and drink are comforting. If you like reach into your bag and pull out whatever you would like to eat.

Will you have a snack or a big meal? What will you have?

Focus on the taste is it sweet, savory, juicy, crisp, hot, cold...Enjoy!

Now find a place in your image to lie down, whatever you need is in your bag,

And curl up, snuggle down, stretch out as most relaxing to you...

Feel the sensation of total peace come over your entire body.

Listen to the sounds around you...

Look at the peaceful scene. Enjoy the colors you can see and touch.

Breathe in the calm, refreshing air. Tune into this feeling.

Remember it.

You can stay here as long as you like. You can come back anytime.

When you are ready. Count slowly to five, stretch gently, and open your eyes...