

Visualization Practice 1

Totally relax your body and release all tension. Begin counting backwards from 10 to 1.

As you're counting imagine that you are walking down a path in a magical place of your choosing. Maybe it is an enchanted forest, or a sun drenched beach or a grassy plain. It holds promise for you and you are 100% comfortable there.

When you reach the number 1, you have arrived at the end of the path and there in front of you is the thing that you desire.

As you gaze upon it, you take in every detail of it; you really enjoy looking at it. Go through all of your senses as you look – how does it look? What does it smell like? Is it making any sounds? Reach out and touch it. How does it feel? Can you taste it? Then tune into your emotions and really feel them. Feel and hold that excitement.

Then let it go -- all the way. Imagine that you enclose it in a big pink bubble and it floats away. You watch it get smaller and smaller as it rises up until it is only a small dot in the distance. And then it is gone.

Now your work is to pay attention to clues that appear, while you keep an attitude of excited detachment.