



## **Caregiver Support Line – Relaxation Activity**

### **Theme: Visualization Meditation: A Soothing Journey Created by the Gift of Imagination**

Visualization meditation solicits the power of your imagination, along with the restorative energy of your breath, to take you on a journey of relaxation and renewal. You will focus your attention on the experience this journey to a place that is created and explored through the gift of your senses. While your mind is focused on this experience your breath carries you into its calm and relaxing embrace.

To begin, please settle into a comfortable place.

Whether you are sitting or lying down, be aware of your body being supported by the surface in which you are resting.

If you are lying down you may wish to put a pillow under your knees to support your comfort.

If sitting, drop your shoulders in relaxation; lengthening your spine to an upright position to receive.

You may close your eyes to remove distractions.

Close your mouth and gently rest the tip of your tongue on the roof of your mouth. Breathe in and exhale through your nose if you are able.

We will start by taking a few deep cleansing breaths, deep into your belly, and then exhale slowly.

Breathe in deeply and exhale slowly.

Now simply follow the movement of your breath with attention, observing the rise and fall of your breathing.

No need to force your breath in any way, just allow it to find its natural depth and rhythm.

You may notice thoughts or feelings come to your attention.

Notice these thoughts and feelings without clinging to them.



Shift your attention from the past or future, and return it to the present moment.

Settle into the rhythm of your breath.

Within your breath, there is a place of peace.

Now that you are feeling relaxed, imagine that you are walking down a dirt path.

You are surrounded by tall old oak trees that sway slightly in the breeze.

Their wide branches move ever so gently, stirring the leaves in an effortless dance.

Beams of sunlight filter through the sheltering canopy above.

The sun casts a warm embrace, its sparkling light awakens, its warmth brings soothing comfort.

You draw strength from the mighty oaks.

In this place of solitude, you find yourself centered and grounded in the present moment.

A chorus of bird's chirp and announce your arrival with a recital of ancient ballads.

The small woodland creatures peek out at you from the fallen branches and rotting leaves, teasing to come and play as they scamper and chase like children.

Breathe in the crisp forest air.

Look down at the earth noticing how your feet sink faintly into the dark rich path.

This rich earth is abundant with life giving elements.

With each step your connection to the earth grows.

The earth provides a sturdy base that grounds and centers you.

Your stride is as strong and confident as the tall swaying trees at your side.

Your strength is rooted in the knowledge that you are firmly and powerfully connected to the earth.

The damp rich earth is blanketed in pine needles and autumn leaves burnished by the sun's warmth.



An intoxicating scent of pine and autumn leaves rises with each step, filling you with its energizing aroma.

You continue down the path, immersing yourself in the natural splendor.

Feeling at one with the trees, earth, animals, and forest air that surrounds you.

Your attention shifts from the earthen path to a clearing you observe in the distance.

From the clearing ahead, sunlight beams a welcoming invitation to enter the expansive meadow.

As you enter the meadow a warm breeze softly whispers a cooling reprieve from the sun's warmth.

The sun's brilliance highlights the vivid wild flowers blooming abundantly in a maze of tall green grass.

The scent of the grasses and flowers are awakened with the warmth of the sun, and their freshness fills the air.

Dancing overhead the white fluffy clouds float and transform their shapes as you follow their languished passing.

In this clearing among the sweet grass and wildflowers, warmed by the sun's embrace allow any struggles to float like the clouds above, away.

Your struggles, whatever they may be, for now, allow them to sail away on the waves of a gentle breeze.

In this moment all is well.

This rich forest and summer meadow is your oasis, your sanctuary, your private refuge.

Here in this moment, absorb its healing.

Soak in the sights, and sounds, the bountiful aromas, the gentle touch of the sun and breeze against your skin.

There is solitude and peace available for you in this place.

Observe your breath as it rises and falls now with ease.



Your body softens and relaxes into this safe and comforting space.

This peaceful place can be summoned whenever you need rest or comfort.

It is always here for you whenever you decide to bring your attention back to this quiet journey.

Follow your calming breath to the path within.

As you come to the end of this time of restoration, remember and visualize a place within, where you have stored away your peaceful journey, safely kept until you are able to return.

Tuck the memory of this place in your heart, tuck it away in your imagination, tuck it in the belly of your breath.

It is always available to visit whenever you need.

Now as you feel ready slowly bring your awareness to your surroundings.

Wiggle your toes and fingers slowly.

Open your eyes and stretch, bringing gentle movement back into your rested body.

This peaceful path is always there for you, it has not gone, look within.

Return again and again.

It is your gift to you.