

Visualization Technique Worksheet & Guide

Month: _____

Do you believe that you can heal your body? (if you answered "no", we need to talk)

If you no longer experienced any digestive or health related issues, what are 2-3 experiences you would do right away?

Now, choose the experience above that resonates with you most and explain it in great detail. Be sure to include the use all of your senses. What would the experience look like, feel like (on your skin, in your heart, etc.), taste like, sound like, smell like. List words that would describe the feelings you have if you were in this experience right now.

Now, begin to filter through YouTube for the perfect meditation music to use for your visualization. Creating the right mood for your experience is really important and might take a few times to piece together the perfect sound for your perfect experience. I recommend trying a few and see which one(s) most move you. Here are a some of my favorites:

Heal and Regenerate Tissue:

<https://www.youtube.com/watch?v=O275wnurMEQ>

Release Inner Conflict and Struggle:

<https://www.youtube.com/watch?v=UkM-FjfN6Mc>

Let go of fear, overthinking and worries:

<https://www.youtube.com/watch?v=-vvpsliUVKY>

Activate self-healing and positive transformation:

<https://www.youtube.com/watch?v=-vvpsliUVKY>

Repairs DNA and brings about positive transformation:

https://www.youtube.com/watch?v=1MPRbX7ACh8&list=PL_UiCBO02ktl7X0sAGkIP-F3yo8iqzgeN&index=6

OM Chanting:

https://www.youtube.com/watch?v=SBiwLibZqfw&list=PL_UiCBO02ktl7X0sAGkIP-F3yo8iqzgeN&index=8

Tibetan Bowls:

https://www.youtube.com/watch?v=s0g28QAgYpo&list=PL_UiCBO02ktl7X0sAGkIP-F3yo8iqzgeN&index=10

Miracle Mantra:

https://www.youtube.com/watch?v=Ppiy91192tw&list=PL_UiCBO02ktl7X0sAGkIP-F3yo8iqzgeN&index=15

Aura Cleanse:

https://www.youtube.com/watch?v=S1_Gmxz2uLw&list=PL_UiCBO02ktl7X0sAGkIP-F3yo8iqzgeN&index=19

Don't get caught up on the titles of these, concentrate more on how the music makes you feel. You are looking to invoke a mood that will move you, emotionally.

Once you have decided on the perfect background music, you will want to find a place and time that are both comfortable and quiet, somewhere you won't be interrupted during your meditation. In the beginning, you may only be able to hold your focus for a short amount of time. As you practice, deepen and lengthen your visualization meditation, adding in more details as they come to you.

A key factor for "tricking" the brain into believing what you are visualizing is actually taking place (which is very important for new synaptic connections) is using all of your senses to create an event or story that you can play out in your mind. For example, if you envision yourself so healthy that you are hiking, be sure to include a sense of the warmth of the sun on your skin, the breeze that passes your body, the smell of the grasses or flowers, the beauty that you see all around you.

Begin by lying down and take 10 slow, deep breaths to settle the body. Each time you inhale, breath in positive, healing energy. Each exhale, release your worries and tension.

Once you feel relaxed, allow yourself to begin visualizing the story that you have decided on. I can't overstate the importance of creating a story or visualization that resonates highly with you and perhaps, even brings you to tears with gratitude. Allow yourself to linger as long as possible in the emotions of your visualization, building on the emotions as you sit and experience your adventure.

Once you have finished your visualization, take a few moments to list out (in your mind) all of the things and people and experiences in your life that you are immensely grateful for.

Deep, deliberate breathing is recommended throughout the entire meditation.

Continue to use this visualization over and over until you have perfected it.

I generally won't move on to a new visualization until I have completely immersed myself in the experience and feel that it is time to move on and create a new story.

I find it helpful to use a calendar to track my meditations. It helps me get in the habit of doing them and also helps me chart which meditations are resulting in the greatest, positive changes.

Finally, if need be, schedule your meditations on your calendar and treat them as if someone is relying on you showing up to this commitment. If you don't make time, you won't find the time.

Happy Visualizing!