

10-minute visualization meditation script

1. Find a Comfortable Position

- Sit or lie down in a comfortable position.
- Close your eyes and take a few deep breaths to settle in.

2. Relax and Breathe

- Take a deep breath in through your nose, allowing your abdomen to rise.
- Exhale slowly through your mouth, letting go of any tension.
- Repeat for 2-3 breaths.

3. Set an Intention

- Think of a positive intention or goal you'd like to focus on during this meditation.

4. Visualize a Safe Space

- Imagine a place where you feel completely safe and relaxed (e.g., a beach, forest, or cozy room).
- Picture the details: colors, textures, and sounds of this space.

5. Engage Your Senses

- Imagine the sensory experiences: the warmth of the sun, the sound of waves, the scent of pine trees.
- Try to immerse yourself in the sensations of this space.

6. Visualize Your Intention

- Picture your intention or goal as if it is already achieved.
- Imagine yourself experiencing the success or positive outcome you desire.

7. Feel the Emotions

- Connect with the emotions you would feel if your intention were realized (e.g., joy, peace, fulfillment).

- Let these emotions wash over you and fill you with a sense of well-being.

8. Affirmations

- Repeat a positive affirmation related to your intention (e.g., "I am capable and deserving of success" or "I attract positivity into my life").

9. Anchor the Visualization

- Create a mental anchor to help you remember this positive state (e.g., a special symbol or gesture).
- Imagine yourself returning to this place of calm and achievement whenever you need to.

10. Gradual Return

- Slowly bring your awareness back to the present moment.
- Wiggle your fingers and toes, and take a few deep breaths.
- Open your eyes gently and take a moment to notice how you feel.