

Creative Visualisation Meditation

Find a quiet place to sit or lay down, make sure you are comfortable. Close your eyes. Think of a beach you have been to before or a beach you have seen a photo of.

See yourself on this beach, standing on the sand, notice what the sand feels like in between your feet. Is it cool, warm, hot?

As you are stand at this beach on the sand, you feel the sun on your body and the small breeze brushing against your whole body. You hear and see the water moving in and out of the beach. What other sounds do you hear at this time. Take a moment to hear these noises.

The water starts to come closer to your feet, you feel the water on your feet now, notice what you are feeling when the water touches your feet and body.

You look down and see a pile of leaves next to you that has been washed up to the sand. With one hand you pick up a handful of leaves, big and small. Each leaf is a worry in your life.

You place one leaf in your other hand and think of a worry, when the ocean comes back up to your feet you place the next leaf in the water and see the water pulling it back out to sea. As the water starts to come up again you get the next leaf and think of a worry and place it in the water to be taken away. You keep on doing this until you have no more leaves in your hand.

You look at the ocean and you cannot see any of your worry leaves in site. Notice how your body and mind are feeling now? Is it calm, relaxed, lighter. Just notice the sensations in your body at this moment.

You can come back to this spot at any time. This is your special place.

It is time to come back to the here and now. Wiggle your toes and fingers, slowly move your body and open your eyes. Give yourself a big stretch. Welcome back.

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