



## Visualisation Exercise: INSTRUCTIONS 2d

● **Visualisation of the Beach.** This tactic uses your imagination to fill out a pleasant scene and gives you a mental break, also allowing the mind-body to go into default state / neutral gear.

- Sit back, relax and take a few deep breaths
- Allow your body to soften into the surface beneath you.
- I want you to image, in your mind, a beautiful, calm beach
- You're alone, safe and content
- Use your imagination to fill out the details, as much as you're able and just be there
- I will guide you in filling out this calming picture and you can add to it and even move around in the mental picture you create
- Imagining the warm, soft sand under your feet
- Imagining the long and peaceful beach, stretching into the distance
- The sound of the waves
- The blue ocean stretching away to the horizon
- Notice the smell of fresh salt air
- Imagining the blue sky
- Feel the warm sun on your face, neck and shoulders
- Imaging the edge of a gentle wave lapping your feet – cool and energising
- Imagine some birds gliding in the breeze
- Just continue to observe, fill in the details
- If your mind wanders, just notice, let go and come back to the beach
- Again imagine...
- The breeze.....the soft sand
- The waves.....the sounds..... the feeling of the sun
- Your body relaxing
- You can take a moment to come here, your choice, your place
- Take some calm and deep breaths and let go of tension
- Now come back into your body, refreshed, and ready
- Open your eyes, stretch gently
- Focus back to the task when you're ready

**Other ideas for guided meditation:** walking through a meadow, floating in the clouds, snorkelling in a coral reef, sitting by a fire in a cosy cabin, being in lovely, comfortable room, or in bed on a rainy day.