

Skill Module: Visualizing a Calm Scene

Donald Moss, Ph.D. (2009)

Find a comfortable chair and settle comfortably into that chair. Set aside any worries or concerns. Your problems will wait for another time.

Close your eyes and release any distracting tensions in your body. Be aware of breathing now in a slow, full, relaxed fashion. Take in large full breaths each time, and empty your lungs fully each time.

Imagine a warm, peaceful place in your imagination. This may be a real place you've been, or a place you can imagine. The place might be a beach, a field of wildflowers, your own home, or any place that offers you comfort, safety, and serenity.

Go to that place in your mind. Experience being there as fully as you can, drawing on all of your senses. In your mind's eye, see your surroundings in this peaceful place. Hear the sounds of the place. Feel the warmth of the place on your body. Smell and feel the atmosphere of the place. Feel the quiet and tranquillity of the place in your mind and heart.

If you are distracted, bring your attention back to your special peaceful place. Accept whatever restlessness is there, and return again to relaxation. You needn't try hard to relax. At this moment your only effort is to set aside effort.

Now stay in this place, and enjoy the peace and tranquillity it brings you. Be aware of the slow deep process of your own breathing. One long, slow, deep inhalation, a moment's pause, then one long, slow, deep exhalation.

Experience fully the soothing, restful qualities of your special place. Repeat the word "peace" in your mind several times as you enjoy your quiet moment. Now continue to enjoy this special place for a few minutes on your own.