



## Visualisation Technique

Start by finding somewhere comfortable and quiet to sit and relax.

Take some nice deep slow breaths, and just notice where you are holding the tension in your body. When you notice where you are holding the tension, then tighten that area even more – and then relax. Continue breathing and allow yourself to relax and let all that tension go. Imagine it leaving your body out through your fingertips, through your toes, or through the top of your head.

Now fix your eyes on a place or object just above eye level, and concentrate on it. Now start counting slowly backward from 20 – 1, eyes open on the even numbers and closed on the odd numbers. As you count down you begin to feel more and more relaxed, so that by the time you reach the no.1 you just want to close your eyes and relax them.

Now I want you to use your imagination, and imagine you are in a beautiful hotel. Its really luxurious, and so calm and peaceful. As you stand there, start to notice things around you. Maybe you can hear soothing music playing in the background. Notice the colours all around you, the decorations, the walls, the furnishings, the clothes people around you are wearing. Hear the sounds around you, people talking, background music. Notice the lush thick carpet beneath your feet.

Now you begin to start walking along the corridor. Notice your body, allow all that tension to leave you, and allow yourself to relax even more. There is nothing bothering you right now, this is a time for you, just you.

You continue to walk along the corridor, and then you come to a door, you open it and you find yourself standing on a veranda. You look around you and then see there in front of you some steps leading down. You decide to walk down the 10 steps and explore further. With each step you take down, feel begin to feel more and more relaxed, counting the steps as you go.

Finally, you reach the bottom and start walking, and you find yourself outside. This place can be a place in your imagination, it can be anywhere you want. Maybe a special place where you have visited in the past, that brings back special memories, or maybe somewhere in your imagination. It can be anything or anywhere you want it to be. Maybe somewhere you have been, where you felt good, or perhaps, a place you would like to visit. Remember this is your place and yours alone.

Just stand there for a moment, spend some time looking around you and notice what you see around you. Now you see a path, and you decide to follow it. As you do, listen and notice what you can hear. Maybe you can hear birds singing, or the rustling of the leaves on the trees. Feel the warmth of the sun on your face, your back, the gentle breeze just taking the heat from the sun away. Now notice any smells around you, the smell of the earth beneath your feet, the scent of the flowers that are mixed with the sweet smelling grass. Notice the colours all around you, the green of the trees, the colours of the grass, and the birds in the trees. Stop for a moment and take some time to notice all these things.

You walk some more, and you come to a small stream. The water is trickling over the small stones in the stream. The sunlight making patterns on the water, along with the dappled shade. You decide to sit down by the stream for a while, feeling so relaxed, so calm.

You begin to feel more and more relaxed. Spend a few more moments enjoying the relaxed surroundings, in this special place. Your special place.

This is a time for you, a time to relax and enjoy the peace and tranquillity.

Now when you are ready, just allow yourself to come back into the room, feeling much more relaxed and happy.

This visualisation can be carried out whenever you want to take yourself away from a stressful situation. All you need is your imagination.

### **Some other suggestions and ideas which you can practice**

The following is a beach scene visualization that you can practice on your own. Beach scenes are one of the most popular visualizations due to their calming and tranquil impact. Feel free to change it to suit your needs and imagination. Use this visualization to relax, unwind and briefly escape from your day-to-day tasks.

To get started, begin by imagining that you are resting on a white sandy beach. The water is turquoise and the sky is clear. You can hear the soft waves of the water as the tide gently rolls in. You feel safe, calm and relaxed. The weight of your body sinks into your deck chair or your beach mat, or wherever you are resting.

You can feel the warmth of the sand on your feet. A large umbrella keeps you slightly shaded, creating just the right temperature for you. You relax your face. Notice how you are able to let go of tension in your forehead, between your eyebrows, your neck and your throat. You soften your eyes and rest. There is no effort to be here. Spend some time just taking it all in. Allow your breath to slow down and match the rolling waves of the water.

Once this relaxation feels complete, imagine that you get up and slowly walk away from the beach. Remember that this beautiful place is here for you whenever you need to come back.

If the beach scene doesn't really fit you, maybe imagine lying down in a large field of flowers and grass, or enjoying a beautiful view of a mountain or forest. When visualizing your calming scene, think about what you are experiencing through all of your senses. Notice what you hear, smell, taste and how your body feels. When you feel ready to leave your relaxation scene, take your time and gradually return your mind to the present.

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