

MtM Meditation Series VISUALIZATION

Warm-up: Silent Meditation with Visualization (5:00)

Another way to maintain a meditative focus is through the use of visualization or guided imagery. Generally this means a focus on a specific image that you can visualize or feel during the meditation. This involves the use of imagination, and although some people discount the power of imagination or visualization, they can be powerful tools in life, especially in the meditative state. We'll explore a few visualizations in this session, beginning with an imagined image outside the physical body.

Pond of Peace, Darla Brown (4:22 Insight Timer)

The next visualization will use an imagined image within the body, a light that grows and moves throughout the meditation. In this case it contributes to the alignment of various centers in the body.

Core Alignment Meditation, Brandon Alter (7:37 Insight Timer)

Meditative visualization can also take the form of a story, one that you participate in during the meditation. The story can take many forms—walking on a beach, flying above the earth, participating in a ritual, etc. Your focus would then be on the story as it unfolds. The goal is to simply remain in a relaxed state and enjoy the narrative.

Running With the Wolves, The Honest Guys (18:45 Insight Timer)

Our final meditation will allow you to do your own personal visualization to the sound of water. Use any visualization technique that appeals to you, or you can simply feel the water sound vibration as it affects your senses.

Nature Sounds: Mountain Stream, Owen Jenkins (10:00 Insight Timer)