

# Visualization of a Beach for Well-Being

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Step into white sand...

Its warm and soft under your feet.

Just feel the sensations in your feet on the sand.

Now look up and all you see is more sand in front of you, but you can hear the ocean.

Walk towards the sound of the ocean.

As you're walking you can feel the sun on your skin.

Perhaps you can feel a light breeze as well.

You notice the smell of the salty air.

And as you're looking around you see the ocean peek over the sand dune.

You're walking towards the ocean now and you notice the sand under your feet gets firmer, because it's saturated with sea water.

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And you get to the shore where the ocean meets the sand, and you see little waves coming up and down....up and down...

And as the waves come and go, you see some things in the sand like shells, pieces of seaweed...your own footprints...and you see a little piece of driftwood that's the perfect size for writing in the sand with.

Pick up this driftwood, now draw your name into the sand where it's moist.

Write out each letter, noticing the sound that it makes as you scratch it through the sand.

Good.

Now step back and look at your name.

As you see your beautiful name that's carried you through your whole life, you notice a little wave coming closer...

This wave catches part of your name and washes it away as it goes back into the ocean.

And then another wave comes and washes your way even more...

And another comes and washes it away...

And another, until all you can see is ripples in the sand where your name used to be.

That's good.

Now continue walking along your beach, noticing the surroundings.

What kind of sounds do you hear?

Can you hear seabirds flying over?

Or the wind gently blowing?

Can you feel the warm sun on your skin?

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How does the sand feel under your feet again?

It's nice, right..

Maybe you can even smell the smells of the ocean..

Just be at your beach today.

(Pause)

Now as you've walked you've learned a lot about how beautiful this beach is and you're ready for a little rest.

So find a comfortable place to sit, wherever you like on the beach.

A chair could be waiting for you...just the kind you like.

So go ahead and take a seat.

Take a seat and look out into the ocean.

Watch the horizon and how the ocean meets the sky.

This is the most beautiful scene you've ever witnessed.

(pause)

As you gaze across the big blue, you listen closely to what this landscape has to tell you.

Your mind quiets... your shoulders soften... and your heart opens, ready for words of wellbeing to flow through you with ease.

And as you watch the waves move into and out of the peaceful shore, the water tells you:

You are unconditionally held in the natural, effortless flow of life.

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(Pause)

The sky whispers to you:

You are an integral part of this grand mystery, held beneath the openness and infinite potential of the universe.

(Pause)

The sun beams down upon your skin, telling you now:

You are full of light just as I am. Allow your radiance shine through.

(Pause)

And then the earth beneath you whispers:

You are held and supported by this world. Grant yourself permission to rest within it.

(Pause)

As mind and body relax even further, you open your heart to any other words of wellbeing that you long to hear. Let any other messages of peace, ease, and tranquility rise within you now, stirred by the beauty of the beach landscape you are in.

(Longer pause)

You come back to your breath now, watching how it ebbs and flows through your body just as the waves move upon the shore.

Soon, the vision of this soothing beach dissipates as you bring your senses back to the solid earth beneath you.

And when you are ready, you slowly open your eyes back up to the world, embodying the wellbeing of that calm and tranquil beach as you move through the day that awaits you.

