



## Visualisation Meditations

Using visualisation meditations as part of your circle can be a great way for your participants to explore an issue in depth. It gives people the opportunity to contact the subconscious part of themselves, the part that speaks in symbols, images and feelings.

Visualisations, when done well, can help participants arrive at new revelations, uncover lost memories, and discover their own wisdom within.

Many of these 'aha' moments cannot be reached through the conscious mind, that likes to work things out systematically, and with logic. The unconscious is more symbolic. Images, memories and sensations may appear in random order, a bit like a dream, which can then be deciphered for meaning later.

The power of this practice is that participants discover something *on their own*. There is sovereignty in knowing that the power of one's own mind holds the keys to our healing.

### Applications for Visualisation

- **Contacting younger versions of ourselves**

This may be helpful to bring love into a past memory in which we felt isolated or trapped

- **Contacting our future self**

To ask for guidance and wisdom. To vision what the highest version of our lives could look like, and to understand what we truly desire

- **Cultivating certain emotional states**

Gratitude and compassion meditations are amazing for elevating one's mental state, especially when done as a regular practice. I will often use a visualization in preparation for an anger release to bring to the surface repressed rage.

- **To speak with and reconcile with various characters or voices in your mind**

Somewhat based on Parts Therapy, also known as Family Systems Therapy, this practice is useful for acknowledging parts of ourselves that we repress. We often have multiple voices, with contradictory narratives, that can leave us feeling very confused. Getting acquainted with these voices and learning how to love and navigate them is another road to sovereignty and wholeness.

- **Create a sense of safety and grounding**

I will often use visualisation at the end of an intense experience to help people to land and emotions to settle. These range from the 'inner sanctum' meditation (taking people on a journey to find a room within themselves where they are at complete peace) to feeling roots anchoring them to the earth, to visualising a blue light cleansing your whole body.

These are a few ways broad applications for visualisations, if you really get in to them you can make them as creative and mystical as you like, and use them for more specific purposes

## **Themes**

**The key thing with visualisations is to be clear on the purpose.**

Why are you doing this meditation?

What is the desired outcome?

**Here are a few of my favourite themes:**

1. Future Self
2. Inner Sanctum
3. Inner child
4. Movie Cinema of your Mind
5. Gratitude
6. Chakra Meditation
7. Meta Meditation

## **Top Tips for Guiding Visualisations**

1. Find the theme or intention for the meditation
2. Plan out the journey, like a story with beginning middle and end
3. Think about how you will lead people into and out of the meditation
4. Use mythic and symbolic imagery to speak to the unconscious
5. Use open questions and invitation to help someone create their own world
6. Bring in all the senses

## **Simple Visualisation Template Structure**

1. Grounding - Bring awareness to body, weight of body and breath
2. Transition moment - Such as a door, spiral staircase or pathway
3. Main experience of the visualisation
4. Transition moment - Return the way you came (door/stairs/path etc)
5. Grounding - Awareness of body, feeling lighter, coming back into the room

## **Additional Ways to Enhance your Visualisations**

1. Think about set and setting. How will people be feeling when they arrive? What has come before this meditation?
2. Consider changing the environment to signal a shift in experience. e.g. dimming lights, burning herbs.
3. Space set up, will people be seated or lying down? Is it a moving meditation?
4. Consider music - I often use emotive music at certain times in the meditation to open people up to feel more
5. Sounds or instruments. If the visualisation is very creative you might want to bring in other sounds such as the rusting of leaves or jangling of bells.
6. Scent is a powerful tool that can enhance an experience and give a three dimensional quality. If they smell this scent outside of the container, it may evoke the memory of the meditation, so could be a good 'anchor' for cultivating positive emotions like gratitude.

*There are several scripts in the previous pdf meditation that you can try out for yourself with your buddy or in groups.*