

## BEACH IMAGERY MEDITATION

Imagine yourself on a soft, sandy path leading to the beach.

Be aware of your senses – the smells, sounds, sights, sensations.

It's a sunny day.....

The breeze blows softly off the ocean....

The waves splash on the shore....

The sea gulls are overhead.....

As you near the water the sounds get louder.....

The calming, soothing sound of the coming and going of each wave....

Like the coming and going of your breath.

With each out breath "let go".....

(Pause)

As you walk down the path onto the beach become aware of the salt air.

Take a moment to breathe in the salt air

With all of its healing capacities....

(Pause)

Notice the shells on the sand.

Feel the sun against your skin.

Continue your journey on the beach.

Until you find a comfortable, safe place to stop.....

(Pause)

Sit or lie down on your towel or blanket

As you become aware of this special place you may notice that you are aware of the sights around you

You may be alone or find that someone is there with you.

Continue to be aware of your senses.

Listening, smelling, seeing, feeling, tasting.....

(Long Pause)

Feel the warm sand under your body.

Feel the weight of your body sink into the sand

Very safely, very securely, very comfortably,

Feeling the pleasant softness of the sand.

Let your breath come in....and go out like the ocean waves.

Clearing out tension and

Bring in peace and relaxation.

You may want to focus on the sound of the ocean with

The coming and going of each breath....

(Long Pause)

If you are distracted by thought that come into your mind

Simply go back to your focus of listening to the ocean...or focusing

On your breath or word

Letting the distracting thoughts pass through your mind and out....

Let each out breath be an opportunity to "let go"....

Bring in peace and relaxation on the in breath.

This opportunity for relaxation is present with each breath

Throughout the day.....

(Pause)

Here on your place on the beach  
You feel safe  
You are in control  
Here all the fears and anxieties are washed out into the ocean.

Take a deep breath and find on the in breath  
You can go even deeper and become even more relaxed.....

(Long Pause)

Let the breath come in and go out with the ocean  
With each breath go deeper and deeper  
Into that inner state of relaxation and comfort  
Where you find strength, healing, and courage.

(.....Long Pause)

Become aware of your focus for relaxation – your breath, a word, a phrase, a sound.

Knowing your focus maybe an opportunity for relaxation at anytime.

As it is time to return to the path  
Notice your sensations – the smells, the sounds, the sights.

When you are ready, roll up your blanket and towel and return to the path.....

(Long Pause)

Become aware of your surroundings

The sounds in the room.

Notice the sensation of sitting in the chair or lying on the mat.  
You may want to move or stretch a little.

Continue to let each outbreath be an opportunity to "let go"  
An opportunity that is present with each breath throughout the day.

When you are ready, you may open your eyes.

You may want to sit quietly for a few minutes and stay in touch with your relaxation experience.

At any time throughout the day you can return to awareness of your breath or focus

To "let go" of tension that arises in the mind and body.