

A Visualization

Creating your favorite place to visit; for example: a mountaintop or a beach.

Let's think of all five senses while you close your eyes and experience your favorite place.

Sit comfortably in your chair; relax your body and close your eyes; Uncross your legs and allow your hands to rest in your lap.

Breathe deeply and slowly throughout this visualization.

Walk slowly in your mind's eye to your special place. Now you have arrived. Sit down in a comfortable spot and allow all of your senses to absorb this place.

First, what do you **feel** under your feet? On your skin? What can you touch? Imagine yourself reaching out and touching it.

Second, what do **smell**? Breathe deeply and slowly to experience the smells of this place.

Third, what do you **see**? Take the time to visualize all of the details of this place.

What are the colors, textures. Really see your special place.

Fourth, what do you **taste**? Swallow and relax your throat while imaging the taste.

Fifth, what do you **hear**? Allow yourself to hear the sounds of your favorite place.

Now you can sit here and enjoy total relaxation. You can go to this place anytime.

It's **your special place** that you can visit whenever you want.