

A Relaxing, Empowering Three Minute Visualization Created for Circle of Life Coaching by Rebecca McLean

Let's take a few minutes to relax Begin by adjusting and aligning your body until you feel supported and comfortable..... Allow your eyes to close and bring your awareness within..... I invite you to take a few deep breaths in and out.....Inhale fresh, rejuvenating oxygen..... and as you exhale.... let out a sigh of relief.... "Aahhhh...", as you release tension out with your breath..... (Sigh out loud to encourage them.)

Let's take a couple more breaths... Allow your chair to support you... and relax your muscles as you release your breath. Gently let your thoughts and concerns just drift away for now.....

As you inhale..... Imagine collecting any scattered parts of yourself,.... gathering all your energy back to your center to the present moment.....And as you exhale....notice tension and stress releasing out of any tight places.... You might even take a moment to imagine unplugging from any people or situations that may be draining on your energy.

Now imagine a relaxing wave of renewing life-force energy..... washing over you like a gentle waterfall of water, or energy or light. ... This wave also flows through the inside of your body, ...cleansing your organs glands..... tissues and clearing your mind with gentle but powerful healing resources.

Allow this wave to wash over you from the top of your head.... down over your shoulders.... flowing down through your arms and trickling out through your fingertips.....This wave now flows down through your heart and belly...feel it flow down through your hips and legs.....down through your feet.... and out your toes.

Now I invite you to imagine being in a place that feels like a safe, serene and renewing sanctuary to you...

In this place you can relax and renew your body and your mind... Now imagine you are looking all around your beautiful place Take in the whole scene around you..... What do you see?...What does the environment look like?.....Notice the colors, the quality of light.....Notice all the details as if you are really there.....(longer pause)

What is the temperature? Is it warm, cool, dry or moist?..... Breathe in as you are completely filled with the uplifting energy of this place... What sounds do you hear? birds singing?..... flowing water?wind rustling through the leaves?or music?.....

As you breathe in, soak in and absorb this positive energy.....Let this life-force rejuvenate and energize your whole being..... Notice what you are doing and where you are how do you feel? Energized, relaxed, healthy, or at peace?

Inhale deeply, taking in this feeling.....Know you are creating a positive future right now....

Now as you prepare to return to the present moment, first encircle yourself with a beautiful colored circle of light that will keep you empowered, energized and protected.... As you return your attention to where you are now..... Take in a couple deep breaths..... Wiggle your fingers and toes, then open your eyes.....You are now fully awake, fresh & alert.....

Let's stand up for a minute and stretch and move or shake out our legs & arms for a minute.

Optional Statement: The Circle of Life process will be supporting you to access the powers of your inner self as well as the outer resources to meet your goals and fulfill your intentions-so you have everything working to support you on your life's journey.