



Water Visualization for Letting-Go and Releasing

Perhaps you just had an argument or participated in a meeting which you found to be highly irritating and/or unfair. You have a great deal left to complete in your day, but find yourself replaying the most recent events in your mind. One way to help yourself let go of that experience is to “park it” momentarily is through the process of intentional visualization. Below is one option specifically for releasing and moving past a certain experience and accept all emotions.

Directions:

If you feel comfortable close your eyes and simply notice how you feel right here, right now. Really pay attention to the sensations in your body, regardless if they feel comfortable or uncomfortable...try to not label or judge the sensations.

Now draw your awareness to where your breath flows. Turn your attention to where you feel your emotion and how your breath meets these locations. Allow your breath to move the sensations as you deepen your exhalations. Turn your attention to behind the breath. Trace the flow of energy that travels from the top of your head, down your spin,

through the waterfalls of your legs, trickling to your heels and moving up the front of your legs into the warm lake of the belly, over the gentle waves of the rib cage, through the river of the heart, and all the way out through the channels of the shoulders and arms out each one of your finger tips before dissolving into the ocean of life beyond you. Embrace the feeling of being drained and emptied, and notice how calm you feel in this moment before you move to the next stage of your day.