

Calming Visualisations

Clear The Clutter

Instructions

Guided by the content as described online, read the following instructions to lead this calming visualisation exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Start by taking a deep breath in.
- Feel your chest expand as your lungs fill up with air.
- Now, exhale slowly. Release any tension you are holding.
- Feel your shoulders sink as you relax further.
- Let us clear out what no longer serves us. I want you to imagine your body as your home. We need to clear out this home room by room, taking our thoughts to the basement for storage or to the nearest donation centre.
- First, let us start with our minds. What thoughts, feelings, and messages are revealing themselves to you?
- Now, at your own pace, make your way to your throat area. What feelings, emotions, and messages are being revealed to you? Do you feel any blockages, any words that might feel stuck?
- Once you are ready, move to the area surrounding your heart. What do you feel? What do you notice?
- Finally, continue to your gut. We store many emotions here. Again, without judgment, expectation, or force, notice what is there. What thoughts, emotions, and feelings are presenting themselves to you?
- Now that we have made our way through the rooms, we can finally go to the basement. Here, we can decide which thoughts and feelings we want to keep, put in storage, or let go of.
- Just like the feeling of a freshly organised and cleaned house, your body is now clear of the thoughts and beliefs that no longer serve you.
- Notice how you feel.
- Take a deep breath in, allowing space for new thoughts and positive emotions.
- Now, take a deep breath out. As you exhale, release all the feelings, thoughts, and beliefs that you no longer wish to hold. Feel free to take as many breaths in and out as you need.
- When you're ready, you can open your eyes to meet us back here.

Source

This guided meditation was inspired by Lisa Hughes.