

## **Visualization – Balancing Out Energy in the Body**

1. Sit somewhere quietly. Choose a goal you want to achieve, write it down, e.g. I focus easily. I have a healthy body. I am loved. I am good enough.
2. Rate that goal out of ten. i.e., on a stress level, hard to achieve level is 10.
3. Read the goal then close your eyes. Say the goal in your head.
4. Where in your body doesn't that goal feel right? It's a feeling. You may feel it as butterflies in your stomach or heart, tightness in your chest, heaviness in your head, uneasiness, nausea, fluttering, twitching, etc somewhere in your body.
5. We are trying to notice, be mindful, and be aware of where energy is unevenly distributed in your body when you think about this goal.
6. If you can't feel anything, just bring your attention to your core or belly.
7. When you think about your goal, what is the emotion or fear that comes attached to it. Some emotions might be, self-doubt, fear of not succeeding, guilt, criticism, anger, shame, sadness, not belonging, not being good enough, not being loved.
8. Sit for a few moments and feel that emotion.
9. Then imagine that emotion as a colour or light, maybe a yellow light or other colour. Imagine this light and colour flowing out the soles of your feet and seeping out the sides of your body until you feel 'neutral'.
10. Now imagine how you would like to feel about your goal. The opposite of your fear or emotion.
11. Imagine that feeling. It might be feeling of confidence, reassurance, belief in your self, pride, love, a feeling of belonging, feeling loved, being good enough, happy, etc. Imagine that you have that feeling right now. Imagine having that feeling with the perfect scenario of your goal.
12. Now imagine this new emotion as a colour or light, like a pink or light blue light. Flood your body with this emotion, with this feeling, with this coloured light. You could imagine this light or colour filling every cell in your body. Soak your cells in this feeling.
13. What could you say to yourself to remind yourself of this feeling? E.g. I feel loved, I am confident, I am clever, I am good enough, I belong etc.
14. Open your eyes and re-read your goal. How do you feel? Rate your goal again, has it changed? Repeat the process if you would like to achieve a lower stress level or choose another goal to work on.