

## Visualization Exercise: Cloud

The purpose of the visualization scenario is to provide you with a scene that completely absorbs your attention and distracts you away from your anxious thoughts. As you become absorbed in the scene you will deepen your state of relaxation and will notice changes in your body. Your muscles will become less tense, your heart rate will slow, and your breathing will deepen. In this scene, you will imagine yourself floating on a cloud.

Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.

Take a deep breath through your abdomen, hold it for a few seconds, and exhale slowly. As you breathe, notice your stomach rising and your lungs filling with air.

Breathe in...and out

As you exhale, imagine the tension in your body being released and flowing away.

Inhale... exhale. Feel your body already relaxing.

As you go through each step, remember to keep breathing.

Inhale...exhale

Feel your body releasing all the tension, becoming relaxed, calm, peaceful.

Feel the weight of your body and the limpness of your arms and legs.

A wave of relaxation is flowing from your head, down to your neck, chest, back, arms, legs, and feet.

Breathe in...and out

Now imagine yourself floating on a soft fluffy white cloud. The cloud is lifting you from where you are sitting and is holding you in the air. You begin to feel lighter as you sink into the softness of the cloud.

You lie there a moment and begin to notice how comfortable you are becoming. As your body relaxes into the cloud your tension melts away.

Breathe in...and out.

As you float into the clear blue sky, you feel the warmth of the sun and the coolness of the breeze, making the perfect temperature.

Notice where your body is touching the cloud, how soft it feels, like you are floating on air  
The cloud is swaying gently in the air, like a boat on smooth water.

As you float through the sky, you feel safe, relaxed, calm.

You begin to let yourself rest in the soft support of the cloud. As you look around, you notice other clouds in the sky, illuminated by the sun as they float gently passed you. You take a moment to enjoy this beautiful sight.

As you float higher and higher you breathe in the clean fresh air.

Breathe in...and out

You feel totally relaxed. You notice how peaceful the sky is, how calm it is, quiet.

Now, when you are ready, allow your cloud to begin its slow quiet decent back to earth. As you get closer and closer to the ground you begin to smell the sweet scent of blooming flowers. You continue to feel calm and relaxed.

The cloud gently places you on the soft surface of the grass below. You begin to slowly and gently bring your attention back to the room, still feeling relaxed and comfortable.

As you bring yourself back to a level of alertness, keep that relaxation in your mind and body.  
Open your eyes, stretch, and feel refreshed