

- Hi everyone, my name is Catherine, and thank you all so much for joining me here today. Today, I will be leading you all through a breathing exercise followed by a visualization meditation.
- Beginning with our breathing exercise, to give you all an overview, we will be doing some diaphragmatic or belly breathing. I will first begin by guiding you all in some breaths that we will be doing together, and then you will take a few breaths on your own.
- When you're ready to begin, start off by closing your eyes if you would like to do so, and take a few normal breaths. You may also keep them open.
- Please only do what feels right to you. This is your practice, and remember that you are in control of your own meditation journey today.
- (Silence)
- Remember that throughout this practice, anything I say is just a suggestion, so feel free to participate and only do what feels right to you. At any point, if you feel uncomfortable, you may stop and take a break or exit this practice entirely.
- As you are breathing normally, right now, try to take notice when you're inhaling if you are filling up your chest or filling up your stomach.
- Once you take notice of this and become aware, try placing one hand on your belly and one hand on your chest, if it feels comfortable for you to do so.
- Now, on your next inhale, inhale deeply through your belly, feeling it rise with your hand that's there. Hold that breath for a count of 2.
- Now, exhale out through your mouth for 6 seconds, feeling your belly slowly deflate as you exhale.
- We will do this for 5 more breaths together and 6 breaths individually after.
- Inhale again in through your belly, 1, 2, 3, 4, feeling it expand. Hold it 1, 2. Exhale out through your mouth 1, 2, 3, 4, 5, 6.
- Inhale again, filling up your belly for 1, 2, 3, 4. Hold 1, 2. Exhale out through your mouth 1, 2, 3, 4, 5, 6.
- Remember to listen to your body and only do what feels right to you.
- Now, again, inhale, filling up your belly again 1, 2, 3, 4. Hold it 1, 2. And, exhale out through your mouth 1, 2, 3, 4, 5, 6.
- Inhale again 1, 2, 3, 4. Hold it 1, 2. And, exhale out through your mouth 1, 2, 3, 4, 5, 6.
- Continue in these breaths now individually for 5 of them at your own pace.
- (Silence and breathing)
- Now, you may notice that your mind tends to wander, and that is expected, but take notice of this and try to return your focus back to your breath. Your breath is like your anchor throughout this. And if at any point you need to take a break or stop, then please do so. You may open your eyes for that break or change positions in how you are sitting, whatever feels right to you.

- (Silence)
- Now, when you are all done with those breaths, we will slowly transition into the visualization portion of today's meditation.
- You may keep your eyes closed if you would like to do so again.
- And I want you all to try and think of a place that makes you feel the most comfortable. This could be a place you loved to visit as a kid or a place that makes you feel the most happy. I envision a dock at the Jersey shore, I would visit with my childhood best friends growing up.
- (Silence)
- When you envision this, it can be indoors or outdoors. Start by taking a look around. What do you **see**? Take note of how you are in this environment or place. Are you sitting, standing, lying down? Look out at the view that you see.
- How is the weather in this place? Is the sun shining or is it maybe raining? Are the clouds white and fluffy? Are they maybe dark and cloudy? Like a peaceful rainstorm. What season does it look like? Spring, summer? Maybe a cozy winter day? Can you tell what time of day it is based off how the sun may be hitting the ground and how the shadows look?
- (Silence)
- What do you **smell**? Maybe this is a smell of ocean water or a campfire. Maybe you smell a food that is being cooked in the background of the place you are envisioning, and maybe that brings you comfort. Maybe it is the smell of something freshly baked out of the oven.
- (Silence)
- What do you **hear** around you? This might be laughter or music. Maybe a favorite song playing on the speaker or radio. Maybe the sound of a light breeze, birds chirping or singing, or ocean waves at the beach.
- (Silence)
- What do you **taste**? Take a moment to think about what you may taste in this environment. Now, you may not be able to taste anything directly here in the environment, but does this place remind you of any foods? Like ice cream or pizza at the boardwalk. Can you imagine what those foods may taste like in this place? Or maybe you can just taste something like the fresh ocean breeze of where you are.
- (Silence)
- What can you **feel**? Can you feel the surface your body is standing or lying on? Maybe this is green grass under your crisscrossed legs or the feeling on the sand that you're sitting on. Reach out and try to feel that surface. How does that texture feel? Is it soft or rough?
- (Silence)

- As you fall deeper and deeper into this visualization, you may notice that you start noticing other details in the environment as you continue visualizing it.
- (Silence)
- Cultivating and coming back to this place where you feel safe and comforted is so important. You may return back to this safe place you have imagined at any time. Having this place that brings you joy to come back to can also help you find little joys in your everyday life outside of this practice.
- Gently, when you're ready, bring back your attention to your breathing if you'd like to do so.
- (Silence)
- Start to maybe bring back your awareness and wiggle your fingers and toes if you'd like. And try to remember what the room looks like around you. Try to envision maybe where you're sitting or lying down.
- And slowly, when you're ready, if you'd like, you may open your eyes.
- Maybe bring your arms up in a deep breath.
- (Large breath, inhaling in)
- And then if you'd like, bring your arms down in an exhale out.
- (Large breath, exhaling out)
- Thank you all so much for joining me here today, and I hope you all have a wonderful rest of your day. Take care, bye.