

New Year's Imaginative Meditation

Find a comfortable place to sit and close your eyes. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Deep breath *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Think of something you would like to do this winter. *(pause)*

Imagine yourself doing that thing. *(pause)*

Picture your face. How does it look? *(pause)*

How does your body feel? *(pause)*

Now think of something you want to do in the spring. *(pause)*

Imagine yourself doing that thing. *(pause)*

Picture your face. How does it look? *(pause)*

How does your body feel? *(pause)*

Now think of something you want to do next summer. *(pause)*

Imagine yourself doing that thing. *(pause)*

Picture your face. How does it look? *(pause)*

How does your body feel? *(pause)*

Now think of something you want to do next fall. *(pause)*

Imagine yourself doing that thing. *(pause)*

Picture your face. How does it look? *(pause)*

How does your body feel? *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Open your eyes when you are ready.