

# Meditation and Visualization

This exercise has three parts:

1. 5 minutes or longer of meditation. If you have a favorite meditation technique, feel free to use it. If you're unfamiliar with meditation, this exercise is very simple:
  - a. Sit down in a comfortable position and close your eyes
  - b. Focus on your breathing. Take deep and long breaths.
  - c. Focus on letting go of the stress in various parts of your body.
  - d. Focus on clearing your mind. If distracting thoughts come into your mind, don't hold onto them or engage. Let them flow out of your mind.
  
2. After meditating for at least 5 minutes and reaching a peaceful and relaxed state, continue with this visualization exercise:
  - a. Imagine you are taking rocks out of a heavy backpack you are carrying. Take them out slowly, one at a time.
  - b. For each rock, picture it as a stressful experience in your life or thought that makes you feel anxious. As you imagine laying down each rock, focus on feeling the relief of removing a burden you've been carrying.
  - c. Continue until there are no more rocks weighing you down
  
3. Journal Exercise
  - a. Review your journal rules
  - b. Write about how you felt during the meditation exercise. Were there any challenges or surprising thoughts?



- c. How did you feel during the rock exercise?
- d. Which burdens felt the heaviest after you let them go?
- e. Which burdens were the hardest to let go?
- f. Did any surprising emotions come up during either exercise?
- g. Which rocks were associated with your monsters?
- h. Did you learn anything about the burdens that you carry that you can apply to the day or week ahead so they don't affect you as much?