

Guided Visualization

Gone Fishin'



Start by finding a comfortable position for your body. You can close your eyes or shift your gaze downward to reduce visual distractions. Notice where your thoughts go as you bring your attention inward. Notice any feelings you have. There is no need to judge them or try to change them. Just acknowledge they are there as you shift your attention to your breath. Take a relaxing breath in through your nose, and out through your mouth. Pay attention to the breath going in and see if you can draw your breath a little deeper in your body and hold for a brief moment before gently releasing it. And again. On this next breath, shift your attention to where your breath settles as it leaves your body and hold for a short moment before your next relaxing breath. Try and have this breath settle a little deeper than the last.

As you breathe, feel your body and your mind start to relax. It is natural to have your mind wander; just gently notice it and bring your attention back to your breath.

Imagine you are walking to your favorite fishing spot. Maybe it is a shoreline, off a pier, or the secret spot on the water that almost landed you the catch of your life. It is only you, your fishing gear and sights and sounds of nature all around you. The morning sun is reflecting off the water as it blankets the shallow water with warmth. It is the perfect temperature for you as the very faint breeze touches your cheek just to let you know it's there. You can smell the freshness of the air that surrounds you as you open your tackle box to prepare your fishing pole. Your eyes scan your lures nestled inside as you consider which will be the best option for today's weather conditions. You make your selection and as you hold it up towards the sky to look it over, you notice the colors and how it feels between your thumb and fingers. You find the end of your line and begin the process of attaching your lure like you have hundreds, if not thousands of times before. You settle into your quiet, even breathing and the required focus it takes to securely attach the lure and then bait your hook. You pause for a moment as you take in the panoramic view around you.

As you stand in readiness for your first cast, you can feel your feet connecting strongly below you. You feel grounded and centered and it may be the first time this week that you've had this feeling. You give yourself enough line and as you cast your line out to the water, with it goes all the stress you have been holding onto. None of it matters at this moment and with a combination of luck and skill, maybe the reward of catching a fish or two will be part of your day.

As you wait to feel the tug on your line, your eyes scan the scenery around you and you see the majestic eagle soaring above the tree line. The flight path is mesmerizing as the eagle glides low and soars higher repeating this dance through the sky in search of its prey. You take a moment of appreciation as you focus on the view around you and the company of the eagle. Your attention shifts back to the water, the faint sound of the reel and the burble of the lure as you bring in the line for another cast with the hope of enticing a fish to bite. Take a moment to see what happens. Do you catch a fish or was it a quiet day on the water with just you and the eagle?

Hold on to this feeling of contentment and relaxation as you return your awareness to the present. Take a breath as you feel your feet or body connecting to the surface you are touching. Feel yourself reconnecting with the sights and sounds around you as you take one more breath before moving on with your day.