



Video Transcript

Meditation A Walk In The Woods

Welcome. Thank you for joining me for this guided visualization meditation that will bring you through a peaceful walk in the woods. I invite you to find a comfortable position, whether that's seated or laying down. If you choose a seated posture, try to find a position where the feet can comfortably rest flat on the floor, and the body can be upright.

If you choose a laying down posture, consider a position that you can breathe deeply in, potentially on the back with something supporting underneath the knees.

Once you find your comfortable position, I invite you to close the eyes and begin to breathe deeply. Take a few rounds of breath. And notice if you can extend each inhale and lengthen each exhale. For most people, breathing in and out the nose is the type of breath most associated with the nervous system's relaxation response.

But if the nasal passages are congested in any way, feel free to modify by breathing with the mouth.

Take a deep breath in the fullest breath you can and slowly exhale all the air.

Feel your awareness center in this moment right now. There is nothing else to do

when you begin to feel suitably comfortable. Begin to visualize yourself walking down a path in the woods.

Look to either side of you and notice the tall trees that grow on either side of the path. There are branches overlap up ahead and seem to create a tunnel of leaves and branches through the woods.

Notice the texture of the tree, bark colors of the leaves, and become aware of any shapes, colors, and forms that stand out to you within this visualization. No need to force any images. Just notice what appears naturally within the mind's eye. Look down at the path on which you walk upon. Notice the material of the trail.

Is it a packed dirt or covered in soft pine needles or moss? Notice what shoes you have on, or become aware if you are barefoot. Feel the sensation of the earth beneath your feet.

Feel the feet step, left foot, right foot, left foot, right foot. Further and further down this path,

hear the sounds of the feet stepping along the trail. Become aware of any sounds within the forest. Leaves rustling in the breeze. Birds call in the distance, left foot, right foot, left foot, right foot. You walk further and further down this path.

With each step, the body begins to feel more and more relaxed.

As you walk through the woods, you feel all your troubles begin to melt away. The mind becomes perfectly centered on the trail in front of you. Notice the sunlight that peaks through the branches overhead and create speckles of light on the path on which you walk. Left foot, right foot. Left foot, right foot further and further down the trail.

All of a sudden, you notice that the path in front of you is sloping downhill. Failure yourself carefully walk downhill until the path transforms. Into a staircase, stairs, stepping down, down, down, left foot, right foot, left foot, right foot down the staircase. As each foot interacts with the stairs, more and more attention is dissolved from the body.

With each step, you feel yourself drop deeper into relaxation, left foot, right foot, left foot, right foot until there are only 10 steps left. As each of the final 10 steps passes any remaining worries or tension. It's finally released from the body and being 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. You've reached the bottom of the staircase and a scene unfolds in front of you.

A vast feel opens up with tall grasses and wild flowers off in the distance of this field. A single tree stands tall and strong further past the tree. At the distant horizon, a row of mountains covers the scene with deep blues, purples, and maybe even a snowy mountain top.

As you case out at the field, the tree and the mountains, you realize that the shade of this single tree. Would be the perfect place to meditate. Begin to walk through the field over to the tree in the distance. Feel the tall grasses against your legs and smell the sweet fragrance of the colorful wild flowers.

The sun shines down on your skin. And warms the whole body. As you make your way to the tree in the distance,

you'll approach the tree and sit down in the shade of its canopy turned, and place your hands on the trunk of the tree. Feel the texture of its bark as you place your hands on the tree. You feel a sense of connection to the earth.

After a moment noticing your meditation tree, you sit with your back against its trunk and face the row of mountains off in the distance in the shade of this tree. You feel comfortable and cool. You decide to close your eyes for a moment and bask in the peaceful groundedness of this scene.

There is nothing else to do. There is nowhere else you need to go. This is your meditation place. You are completely safe and protected here.

As you sit with your back against the tree, you feel yourself grow deep roots down into the ground. Since the network of roots that your meditation tree has sent down into the earth, through this network of roots, you connect yourself with all of earth.

You also sense the trees branches reaching up into the sky.

As you feel the stability and the sturdiness of the earth beneath you, you also sense the openness and the freedom of the trees branches, the open air. In this moment, you are completely balanced.

Breathe deeply and soak in this pure moment of meditation and relaxation.

After a moment, you decide to open your eyes again. You notice that the sun, which was once high in the sky, has begun to sink below the horizon, creating brilliant colors of a sunset. Notice the deep magenta's oranges, and the blues and violets in the distant parts of the sky. You even notice a few sparkling stars beginning to poke through up ahead.

You know that now it's time to return to the place from which you came. Now that you are at peace and recharged, you can make your journey back through the field back to your path in the woods. And back to waking consciousness. You stand up and once more, place your hand on the trunk of your meditation tree.

Thank the tree for the peace and protection it provided during your meditation. And know you can return here at any point in the future when you need a moment of rest and introspection.

Take one final look at the beautiful Rainbow Mountain range. Then turn your back and begin to make your way back through the field. Now that the sun is setting the warm grass now feels cool against your legs.

As you move across the field, you begin to see the staircase materialize. Once again,

you reach the staircase and notice the stairs moving up, which will lead you back to your path in the woods. Begin to make your journey up the staircase. Left foot, right foot, left foot, right foot. As each step passes, you begin to feel more aware of your body and of the breath. Left foot, right foot, left foot right foot, slowly climbing up the staircase.

Soon. There are only 10 steps left until you've reached the top of the staircase and return to your path in the woods. Ten nine, eight, seven, six five four. 3, 2, 1. You've reached the top of the staircase and you see the path in the woods in front of you. This path in the woods is your transition to your meditation place.

Take a final moment, enjoying the beauty of this woods. The deep greens, the animals, the plants, the life. Know that you are part of this scene. You belong here

as you begin to return to waking consciousness. Consider taking this peace with you for the rest of the day.

Spend as much time as you'd like in your meditation posture until you feel ready to return to waken consciousness and ready to return to the rest of your day.