

Listening with Your Head, Heart and Gut – Visualization Guidelines

1. Sit in chair and become a witness to your body. Just notice how your body feels; there is no need to change anything unless you feel like it.
2. Feel where your body is making contact with the chair. Feel where you have placed your feet
3. Notice your emotional state. Do you feel sad? Calm? Tired? Impatient? Whatever you feel, see if you can relax and release it so you become open to the process you are about to step into.
4. Focus on your breathing. Feel the movement of your body up and down as your breath moves in and out. Feel the temperature of the air as you inhale it into your body. Let your body relax as the air flows out. If you notice specific spots of tension relating to your emotions, breathe into these spots. As you breathe out, let the tension flow out of your body.
5. Notice your mental state. See your thoughts float through your head. Notice one thought, then another. Like a scientist, just notice.
6. Picture an elevator in your brain. The door is open. Allow all of your thoughts, judgments and opinions to float into the empty elevator. When they are safely inside, watch the door close, leaving your mind free of thoughts.

Now say the word, “curious” to yourself. Feel the word “curious.” If you notice thoughts drift into your brain, let them float away. Sit with an open, curious mind for a few breaths.

- 7, Now, return to the elevator in your mind. The door is still closed.

Watch the elevator float slowly down your body, through your head, through your neck, and see it settle quietly in the center of your chest next to your heart. Recall someone or something you deeply care about. Or maybe it's a special place you go to that opens your heart. As the elevator door open, see this person, thing, or place that fills you with gratitude, happiness, love, or compassion. Take a deep breath in and smile as you say the word you feel, such as “love,” “happy,” or “grateful” and feel your heart expand. Sit with an open, full heart for a few breaths.

8. Now, return to the elevator sitting right next to your heart in the center of your chest. Notice the elevator door is starting to close. Say goodbye to the person, thing or place you deeply care about as you watch the door close, keeping them safely inside.

The elevator floats slowly down your body, down your center, down your core and comes to rest at the spot just below your navel. There is a warm glow coming from the elevator door. Watch the door slowly open. There is nothing inside, just the warm glow emanating through the door.

Keep your awareness on this center point. Feel the warmth and strength from the glow. Recall a time you felt gutsy and determined – a time you spoke up or did something in spite of your fear. Recall how you felt as you took action or spoke your mind. As you inhale, say the word “courage” to yourself. Let the word settle into the core of your body just below your navel before you exhale. Keep breathing with your mind on your center, your point of strength.

9. Sit with an open heard, heart, and gut for a few moments before you enter your conversation.