

Flower Meditation

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By Julie T. Lusk.

Time: 20 minutes

In this visualization script, participants increase their ability to imagine seeing, touching, smelling, and feeling.

Note: Obtain fresh flowers for participants before using this script.

Feel free to modify this script. For instance, flowers could be substituted with pine cones, sea shells, etc.

Script

Visualization

Place the flowers at eye level in front of you ... Gently gaze at them without straining your eyes ... Look softly at the shapes of the flowers, stems, and leaves ... Become aware of their shapes and sizes. See their colors.

After you have spent a few minutes looking carefully at the flowers, close your eyes and visualize the flowers in your imagination. When the visualization becomes difficult, open up your eyes and look at the flowers once again. Close your eyes once more and recreate a vision of the flowers. Repetition will increase your ability to visualize images in the mind's eye.

Touching and Feeling

Reach out and touch the flowers, stems, and leaves. Take your time to discover how the flowers feel ... Explore the softness of the flowers and the feel of the stems and leaves. Discover their moistness, noticing the variety of textures.

Investigate the physical sensations of touching the bouquet of flowers. Run your fingers through the bouquet and listen to the sound of touching them ... Allow the sense of touch to sink in through your fingertips and into your memory.

Stop touching the flowers and close your eyes. Experience the sense of touch through your memory ... When the memory of touch begins to fade, reach out and touch the flowers with your fingers. And then imagine touching the flowers once again.

Smell

Bury your nose and take a full, deep breath. Let the flowers tickle your nose. Smell the fragrance and the freshness of the flowers. Enjoy.

Remember how the flowers smell and recreate the aroma in your imagination. Keep practicing until you are able to imagine the scent of the flowers from memory.

Thoughts and Feelings

Sit quietly and reflect upon the magnificence of the flowers. Open yourself up for new insights and realizations.

Integration

Relax, close your eyes, and imagine looking at a glorious bouquet of flowers ... You may imagine any kind of flower you wish...roses ... daisies ... mums ... baby's breath ... marigolds ... bird of paradise ... any type of flowers you wish.

See the radiant colors ... the rich reds ... luscious yellows ... deep purples ... pure whites ... soft pinks ... gorgeous oranges ... all the shades of green.

Become aware of the textures ... patterns ... and shapes of the petals ... Look at the leaves ... and the stems ... Observe the flowers in their various degrees of unfolding.

This time, imagine reaching out and touching the flowersFeel the softness ... their moistness ... the texture of the petals ... leaves ... and stems ... Imagine rubbing the flowers with your fingers ... Touch the flowers ... Feel them.

Experience touching the flowers ... Run your fingers through the flowers and listen to what you hear.

Now imagine the scents and fragrances of the flowers ... Breathe in their perfume ... Smell the aroma ... Fill up your lungs with the fresh smell of the flowers.

Take some time to reflect on the diversity and beauty of the flowers that grow for our enjoyment ... Think about the life cycle of the flower ... Enjoy.

Pause

When you're ready, open your eyes and stretch.

Repeat the above instruction until everyone is alert.