



# Mindful Meditation

## Imagine Your Favorite Place



The purpose of this activity is to find a place within us that we can access at any time, a place where peace and well-being exist.

Find a space and time where you will be uninterrupted. Plan to sit for a specific length of time. You may want to start with 5-10 minutes, or if you're more experienced with meditation begin with 20 minutes.

Start by taking three deep breaths. Then begin tensing and relaxing the muscles of your body from your feet upwards to your head and neck. Closing your eyes, pay attention to how you feel and how your body feels.

*Imagine that you are in your favorite place – indoors or outdoors, what does it look like? Imagine a perfect temperature. Pay attention to the details, colors, sounds, and shapes. Are there mountains, rivers, trees, flowers?*

Allow your senses to immerse in the experience. If your thoughts wander, gently bring it back to the image in your mind.

When you open your eyes, take another deep breath and slowly move your hands and feet and look around the room. If you have a journal, or a piece of paper and writing or drawing material nearby, write or draw the place and the way it made you feel, so you can go back to this place whenever you want.

*Mindfulness exercises created by MJHS licensed creative arts therapists.*

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