



Ocean Visualization for Sleep

Allow yourself to get comfortable and make whatever adjustments you need.

Check in with your body and let go of any stress, tension or tightness.

Let's do a quick scan of your body.

Start at the top of your head, then move down to your face, shoulders, torso, abdomen, legs and feet.

Let your body be heavy.

Let's take a few deep breaths.

Breathe in deeply, filling your belly and lungs.

Breathe out slowly.

One more time.

Take a deep breath in, filling your lungs completely.



And a slow breath out, releasing all the air from your lungs.

Now, let your breath return to its natural rhythm.

Imagine that you are on a tropical beach, and

Bring to mind the image of a wave crashing into the shore.

Perhaps imagine yourself standing at the edge of the beach - the waves crashing into the shore at your feet.

As you look down at your toes sinking into the sand, you see the waves spread over them and then recede back into the ocean.

As you breathe in and breathe out, you can follow the rhythm of the breath with the image of a wave.

See the waves come into the shore and then recede.

And the waves come in and then recede.

See if you can stay connected with this movement of the breath and this movement of the water.

Feel the in breath and feel the out breath.

Watch the waves come in and watch the waves flow out.

Imagine yourself laying down in the sand, just at the water's edge.



As the tide rolls in, you feel the water touching your body, starting at your feet, moving up your legs and your arms until it touches the back of your head.

Then as the water rolls out, it moves down your body.

Stay with this movement, feeling the water crash in, working its way up your body and then the water pulls back into the ocean.

See if you can imagine the sound of the ocean waves as the water crashes in.

Smell the fresh, salty air of the ocean.

Feel the gritty texture of the sand and the smooth water beneath you.

As night falls and you look up into the dark sky, you notice all of the twinkling stars overhead.

The night is calm and peaceful, just the sound of the waves and the feeling of your breath and the stars above.

And with that, your calm body and quiet mind drift off to sleep.