



## *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.*