



## GUIDED IMAGERY TO VITALIZE YOUR BODY and CONNECT WITH YOUR SPIRIT

### How to practice without using the audio

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If you do not have the ability to listen to the 13 minute audio of this guided imagery no worries - I have found that doing the 4-step breath sequence, below, while silently focusing on your breath and intention works very well. Try taking 12 full breaths for each step, #1 thru 4 and then be sure to allow a little time to integrate at the end by noticing what you are experiencing in your body. ~Catherine Siri Sat

**TO START** get your body as comfortable as possible and set your intention for this 4-part breath practice such as:

*"I intend this breath practice to bring me into perfect health and alignment with my Authentic Self so that I am fully present and grounded into the easy flow of energy in my body"*

Take a few breaths to settle in and focus your mind on your breath. Then take 12 complete breaths for each of the 4 steps described below.

**TO END** Breathe any way that feels supportive and ask your body to begin to move in any way that will integrate your breath practice. (*see instructions, below*)

- 1. Inhale Nose/Exhale Mouth** Visualize each exhale clearing out what no longer serves your health and well-being to make space for healing your body and spirit
- 2. Inhale Mouth/Exhale Nose** Visualize each inhale bringing in exactly what you need for perfect health and alignment with your Authentic Self
- 3. Inhale Mouth/Exhale Mouth** Completely fill and empty your lungs as you feel the vitality of each breath bringing healing and balance to your body
- 4. Inhale Nose/Exhale Nose** Allow the breath to fully inhabit every cell of your body. Feel the flow of your energy and Be Present in the moment.

**END with Eyes Closed** – Take a minute or two to integrate by asking your body to move in anyway that will support the integration of this experience. *BREATHE!*

Allow your head, neck, shoulders, ribs, spine and torso to move any way that unwinds tension and keeps the energy flowing.

Allow the hips, legs and feet to move how they would like to (stretch/rest/shake, etc.)

**Do NOT tell your body to move, .....allow your body to show you how it wants to move to integrate**