



Visualization of Joy

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“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” — Thich Nhat Hanh

Visualization is an easier meditation for beginners to practice. It uses the power of our imagination to recall mindfully the things that bring us joy.

How to do a visualization of joy:

1. What makes you happy? Write a quick list of all the things that bring about a feeling of joy.
2. Pick one item on your list that you feel evokes the strongest feeling of joy for your visualization practice.
3. Sit comfortably and turn your attention to your breath.
4. As you sense your body relax and you are ready for this exercise, imagine the item that brings you joy in your mind.
5. Focus on the picture in your mind, so that your visualization becomes clearer and so that you start to evoke the feeling of joy that comes from this item.
6. If you chose a person, recreate the moment of connecting with this person. If you chose a flower, pay careful attention to the scent and colour of this image. Spend some time in the feelings of joy that this mental picture creates.
7. Once you are finished with the exercise, jot down any thoughts or feeling that this visualization exercise evoked for you.