



## **Guided Imagery Beach Script**

**Get comfortable. Close your eyes.**

**Allow the visualization relaxation to begin.**

**Imagine you are walking toward the ocean.**

**You can hear the waves up ahead.... you can smell the ocean spray.... the air is moist and warm.... feel a pleasant, warm breeze blowing across your skin.**

**You walk along the beach coming closer to the sea. You see the brilliant aqua color of the ocean ahead.**

**You walk out onto a long stretch of white sand. The sand is very soft powder.... imagine taking off your shoes, and walking through the hot, white sand toward the water.**

**The beach is wide and long.**

**Hear the waves crashing to the shore.**

**Smell the clean salt water and beach.**

**You gaze again toward the water. It is a bright blue-green.**

**See the waves washing up onto the sand and receding back toward the ocean... washing up... and flowing back down... enjoy the ever-repeating rhythm of the waves.**

**Imagine yourself walking toward the water, over the fine, hot sand. You are feeling very warm.**

**As you approach the water, you can feel the mist from the ocean on your skin. You walk closer to the waves, and feel the sand becoming wet and firm under your feet.**

**A wave washes over the sand toward you and touches your toes before receding...**

**As you step forward, more waves wash over your feet... feel the cool water provide relief from the heat.**

**Walk further into the clear, clean water. You can see the white sand under the water... the water is a pleasant, relaxing temperature... providing relief from the hot sun... cool, but not cold.**

**You walk further into the water if you wish... swim if you want to... enjoy the ocean for a few minutes... Allow the visualization relaxation to deepen... more and more relaxed... enjoy the ocean...**

**Now you are feeling calm and refreshed...**