This guided visualization practice is here to help us tap into our creative minds and begin to dream up possibilities. It is important to mention that although hope is the focus, we are not doing anything wrong if it does not come for us during this practice. At times when we try to force hope it can leave us feeling anything but hopeful. Just know that this is your own practice and if you do not experience hope during this time, think about planting seeds for a future version of yourself to be open and ready for hope when it occurs.

As a reminder, mindfulness is the practice of inviting our mind to this moment. Our brains are built to wander and if you find your wandering during this practice, which they often do. Just invite it back to focus on your breath with as little judgement as possible.

Let’s begin by settling into your seat, feeling your feet solidly underneath you and your thighs on the chair or ground where you’re sitting. Sit up tall with your spine long and alert.

Begin to deepen your inhales, allowing your belly to softly expand.

Take another deep breath in, this time from the crown of your head all the way down to your toes. Gently release that breath out of your mouth, possibly letting go of some tension as well.

As you continue to breathe, try relaxing your jaw ever so slightly, feeling your neck elongate as your shoulders fall away from your ears. Release any tightness that may be lingering between your eye brows. And just breathe.

On your next inhale, imagine a small, faint light in the same space as your heart. This small light holds the things in your life that ignite you... that give you hope... that help you feel energized and excited. As you inhale again, create room in your chest for the light to grow and as you exhale notice the warm light getting bigger and brighter.

With each inhale and exhale, you are creating more space and watching your light grow. Your light continues to grow and expands to fill your torso… up into your shoulders and down into your thighs… all the way down into your toes… up to the very crown of your head.

As your light is growing, notice how it changes. What other possibilities for spark and excitement are also growing? What can you begin to dream up and imagine to be the most beautiful things? Let any images of things, people or places come to mind. Notice the colors, shape and tone of things in your light. Hold on to those images.

Take a moment to allow yourself to feel the warmth of this light as it grows within you. Let yourself just be in this light. Notice how your body feels in this moment. Notice any emotions you are experiencing as well without judgement. Just let it all exist with you in your light of possibility. There is room for it all.

Begin to allow the image in your mind to fade while still feeling the presence and warmth of the light, letting yourself absorb all of its goodness. As the image fades, begin to bring your attention back to your breath. Find small, gentle movements in your body. When you are ready, open your eyes.