

Winter Storm's Aftermath on the Beach

Video Imagery and Guided Contemplation

by Kristin Littel, Wellness Education Consultant



To contemplate upon the imagery in the video:

- Find a quiet and comfortable spot to view this video.
- Watch the video in full screen mode.
- To aid in relaxing and focusing on experiencing the imagery in the video, take deep breaths, in and out, as you watch it.
- If your mind wanders during the video, as the mind is prone to do, bring yourself back to the present moment. Taking deep breaths can help you get re-focused.
- If you have another 3 minutes, you can repeat watching the video. The views never get old.

Scan the images presented in the video. Ask yourself:

- What sights strike or appeal to you?
- What about them stands out?
- Can you imagine the sounds of the waves rolling in and then hitting the beach, the feel of the air on your skin, the taste of salt on your lips and the smells that go along with the sights you see? Describe them to yourself.
- What do you feel as you watch the video progress or after the video? What are/were the sensations in the body?
- What about watching the video and doing this contemplation are you grateful for?

Wrap Up

As you finish contemplating the video's imagery, focus on cultivating loving kindness towards yourself and appreciating nature, by repeating phrases such as:

- May I joyfully connect with the earth around me
- May I open to fully experiencing the rhythms of nature
- May I find peace in witnessing nature's wonders

You can return to the video anytime to re-experience its imagery and benefit from surrounding yourself with these inspiring beach moments. You can also stop the video at any point to take in specific photographs, to bring home the awesomeness of the nature on display.

Mindful Counseling Center, 609-377-5859

mindfulcounselingcenter@gmail.com, www.mindful-counseling-center.com