



My Journal

Visualization



One of the most helpful tools Master Ted Sun provides for us is using Visualization. Your teacher probably has done this with your class. It is important for you to be able to do it yourself. It will help you to pay attention to what is really important. Whenever you are sad or anxious, use this to receive positive energy. During this journey you will learn that keeping love and gratitude in your heart will bring positivity. Using visualization will help you clear your thoughts and calmly approach your journey. You can always use this to help you whenever you have a problem, feel anxious or have worries that are bothering you. It is a tool to calm down your brain and help you get control of your feelings and thoughts.

Before you do this visualization think carefully about whether you have done something mean to someone. Have you disobeyed your parents? Have you lied? Did you participate in bullying someone or made cruel comments on line about someone. These are things you don't want to have in your heart. Once you think about them and also believe that you want to be a good person who doesn't hurt others, you can say you are sorry that you did these things. It will make you a better person. It will make you someone everyone trusts and wants to be with. In order to have a "clear" heart that can be full of love and gratitude, you can promise not to do those things again. Once you feel that you are sincere in this promise, you are ready to begin the visualization.

Sit comfortably in a chair, on your bed or outside on the ground. Try to find a place that is private and not full of noise. When you close your eyes, picture someone you love and are thankful for having in your life. Love and gratitude are in your heart!

- ❖ Take in a deep breath through your nose
- ❖ Take in enough air to feel your diaphragm rise
- ❖ Exhale fully through your mouth
- ❖ Feel your shoulders relax



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Master Sun recommends 3 – 7 deep breaths in order to enter the visualization.

- ❖ Imagine the sun in your mind and you gradually become closer and closer until you meet in mid-air.
- ❖ You can feel the sunlight warm on your cheeks.
- ❖ Then imagine yourself walking into the sun, into the core of sun.
- ❖ At this moment, feel the rays of the sun piercing through your entire body and feel the immense energy and warmth from the sun transforming into vibrations and penetrating through your body from head to toe.
- ❖ At this moment, any negative events, feelings, or thoughts are burned away by the glistening light.
- ❖ Only the sun's sweet golden dew remains, permeating throughout your entire body.
- ❖ Then sit calmly and appreciate the love from the sun, from the deepest part of you, and let the love in your heart spread endlessly like the sun until you become one with the sun's golden light.
- ❖ Continue to feel and appreciate the warmth and love from the sun, then promise to share the love with others, and be committed to this goal by putting it into action.
- ❖ Remain seated until you feel complete relaxation, comfort, and are ready to walk out of the sun's core. It will set the tone for each day if you do this every morning and help you sleep if you do this every evening before bed. Use this when you are worried or feel anxious.