

Visualization for Bahá'í Grief Support Group: Healing and Well-Being

Physical Preparation

- Sit quietly and comfortably
- Allow your eyes to gently close
- Take several deep cleansing breaths, through your nose and deep into your abdomen, releasing the air slowly back out through your nose
- Be present in your body
- Pay attention to the various parts of your body
- Scan your body, relaxing your muscles, and letting tension flow away

Connecting with the Heart Center

- Move your awareness to your heart center, near the solar plexus, the center of your chest
- The heart center is the seat of your feelings, both sadness and happiness; it is also the seat of the love of God
- Baha'u'llah says to “listen with the heart and soul to the songs of the spirit, and treasure them as thine own eyes.” (*The Seven Valleys*, p. 37)
- Feel the rise and fall of your breath through this heart center area
- Use your heart center as your anchor during this meditation and visualization; return here and to the rhythm of your breath when you are lost or confused

Meditation/Visualization Begins

Grief and loss can feel traumatic and make it difficult to care for ourselves fully and with respect.

Picture yourself as one of God's restoration projects.

What will you do to take good care of yourself and heal?

Center your thoughts on your hands and arms. They tried so hard to take care of your loved one. Let go of anything you are holding in them. Picture them being strengthened and healed. Picture them as filled with well-being.

Center your thoughts on your legs and feet. They have fetched, and carried, and paced, and worried. Let go of anything you are holding in them. Picture them being strengthened and healed. Picture them as filled with well-being.

Center your thoughts on your neck and back. They have held the burden of care, of loss, of stress. Let go of anything you are holding in them. Picture them being strengthened and healed. Picture them as filled with well-being.

Center your thoughts on your chest and abdomen. They have held the burden of grief and tension. Let go of anything you are holding in them. Picture them being strengthened and healed. Picture them as filled with well-being.

Center your thoughts on your head and mind. They have been filled with endless thoughts and anxiety. Let go of anything you are holding in them. Picture them being strengthened and healed. Picture them as filled with well-being.

Center your thoughts on your heart. It has held heartbreak and love robbed of physical expression toward your loved one. Let go of anything you are holding in it. Picture it being strengthened and healed. Picture it as filled with well-being.

Picture your whole self as strong, healthy, and filled with energy. Breathe steadily in and out as you visualize health and well-being filling you and surrounding you.

Now, what will you do to stay connected to God as the Source of your well-being? Perhaps prayer has helped you. Perhaps you have not been able to have a "conversation with God." Take this moment as an opportunity to place your hand in God's and thank Him for looking after you.

Picture yourself surrounded by loving Light. If you have a difficult time visualizing light, you may wish to feel the warmth of being bathed in that Light. You can picture your loved one as a being of light near you. If you cannot do this, then picture 'Abdu'l-Bahá as a Being of Light near you. Bahá'u'lláh in *The Seven Valleys*, the Valley of Unity, talks about "the holy air of light." (p. 27) Fill your lungs and abdomen deeply with air. Now let it out. As you breathe back in, picture your lungs, abdomen, mind, and heart filled with "the holy air of light" that surrounds you. In and out, fill yourself with light. In and out, fill yourself with light.

Rest in this light and feel peaceful in this space.

As you are ready, feel yourself again fully present in the room and open your eyes.