

## **Exemplar visualization script – biodiverse hotspot:**

*(roughly 15 minutes – can easily be shortened or lengthened)*

As you lay there, let your breath lengthen and deepen. Let your breath take you on a journey.

Begin to imagine a beautifully biodiverse spot. This could be anywhere on the planet. It could be one of many ecozones: woodland, swamp, marsh, desert, lake, river, mountain, ocean... you choose (or perhaps it chooses you).

As you breathe an ever-increasing level of awareness into this magical kingdom, you begin to realize you are yourself in your own human animal body present within the enchanting kingdom. You spontaneously have any ability needed to thrive in the environment you find yourself in. There is no fear. No discomfort. Just a sense of wonder, ease, lightness, and awe.

You open your eyes. And you see.

What can you see? What detail can you fathom? Up-close and afar.

What colours? What shades, layers, shapes, and angles?

Invite in your sense of touch. How do your feet feel?

How does your skin feel within these surrounds?

Is there something you feel invited to reach out and touch?

How does it feel to move within this environment? What different textures are you aware of?

Tune into your sense of hearing.

Focus on the array of sounds you can hear.

Now really listen to these sounds...

You become aware of feeling a magnetic pull towards a tasty-looking something hanging from a plant nearby. You intuitively know it will do you no harm. You follow the magnetic pull and just as the tasty-looking something drops from the plant... you catch it, effortlessly. Perhaps this tasty-looking something finds its way into your stomach; perhaps you are drawn to leave it with another being in your midst...

Your attention moves to a creature in the distance that you spot. You edge nearer. As you draw closer you begin to see the animal in his or her full glory. Can you recognize the species or type of animal?

Without any effort or decision-making, you find yourself drawing ever closer towards this animal. There is a potent, mysterious attraction.

The animal has also now spotted you. There is a shared potent mysterious attraction. Both of you are calm. There is no worry or fear. Just intrigue.

As the distance between you both narrows to 1cm, you share each other's gaze.

You linger in this shared gateway to each other's soul, in this divine portal.

You both gently and serenely settle in this mutual transfixation... in this space of commonality and connection.

*PAUSE AND LINGER FOR DESIRED AMOUNT OF (IF ANY) MEDITATION TIME (focus purely on the gaze and connection).*

There is still nothing but a sense of calm and unity in the midst and between you both.

Yet, as if instigated by otherly forces, your new animal friend begins to turn. His or her eyes departing last. You see your friend continuing on their path, eventually out of sight...

There is neither sorrow, sadness, nor stress at your parting: only a sense of inspiration, hope and gratefulness.

You feel yourself smiling. You sense the connection still alive and strong.

As if without any effort from you, your body begins to return in the direction from which you came.

You feel as though you are proceeding with a new-found grace in your heart and soul.

You take some deep breaths to ground yourself and actualize this new inspiration.

As you continue, you become aware of the feel of your yoga mat on your body. Of the support from the floor holding you up. Of sounds in this very vicinity. You recall where you are. You rest. You remember...

You gently awaken...