

ARTIST:  
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# Guided Visualization

**Project:** A film where you will be guided through a visualization with the intention of helping you feel more grounded, connected, and nourished in your heartminds.

**Process:** You will lie down or sit comfortable while listening to the video and following the verbal prompts provided by Christel Joy Johnson to visualize yourselves as a tree who is rooted in the earth and connected to all of the other trees (their community).

## Key Vocabulary & Definition:

**Guided Visualization/Meditation:** Visualization is part memory and part imagination. The participant will be guided to create mental images in their head with the intention of cultivating a feeling of being grounded, connected, and nourished.

**Art Links:** Is there a link to the video?

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## Materials Needed:

- The participant needs a device to watch the video.

## Instructions:

1. These are in the video once they begin to play.

## Building Steps:

1. You can take the original imagery and expand their visualizations if you choose.