

What Is Visualization Meditation?

Visualization meditation focuses on the use of guided imagery to cultivate certain psychological qualities. The foundations of meditation remain the same as for other non-visual forms, such as ensuring the posture supports a straight spine, whether sitting, standing, or lying down.

In visualization meditation, the primary focus is a positive image or guided imagery visualized in the mind's eye.

Other components of visualization meditation may include attending to the breath, mentally reciting mantras, and mindfulness.

5 Benefits According to Psychology

1. Helps to maintain alertness

This type of meditation



practice may be especially beneficial for those who struggle to clear their mind to cultivate stillness or those