

Religious Visualization Exercise:

- 1. Select Meaningful Imagery:** Choose religious or spiritual imagery that holds significance for you. It could be symbols, scenes, or figures from your faith tradition (example: The image of Jesus Christ)
- 2. Create a Sacred Space:** Imagine a sacred space where you can interact with these images. It could be a personal altar or a symbolic representation of your spiritual connection. (example: a beautiful church or temple)
- 3. Prayer or Reflection:** Incorporate prayers, affirmations, or reflective thoughts related to the religious imagery. Allow these elements to deepen your spiritual engagement.
- 4. Express Gratitude:** Conclude the visualization by expressing gratitude for the spiritual insights gained and the connection experienced.