

# 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