

Island Meditation Guide

Find a comfortable spot to sit or lie.

Put on some music that makes you feel relaxed.

Picture yourself on Randall's Island...pick your favorite spot, or use the picture below to imagine a serene Island scene.

Imagine sitting cross legged in the grass along the river, a gentle breeze passes by, and the sun warms your back. The air smells like fresh spring blossoms.

Take a deep breath in, and a slow breath out. Try to keep your breath even.

Notice thoughts as they enter your head, but don't let them pull you away from the peaceful image of the Island. Let the thoughts come and go, and stay focused on your breathing and on the beauty of the Island.

Now, close your eyes. Sit for one minute or up to ten minutes, breathing in and out, letting your thoughts come and go, and picturing a peaceful scene on Randall's Island.

