

Out of this World Visualization



Close your eyes and take a few slow, calm breaths. Now imagine stepping outside of your body and filming yourself at that very moment. Look at yourself from the outside, and do a close-up shot of yourself. See yourself sitting or lying down with your eyes closed. Now slowly pull back the camera so the screen is filled up with other things around you.

Now pull back even farther, from above this time, so you can see more and more of what's around you. Maybe you are in a building. Now you see the whole building in the frame. You are just in one room in the whole building. Maybe you are in a house. Imagine you can see through the roof from above. You can see yourself in one of the rooms.

Now continue to pull back until you can see the whole street in the frame, and the neighbourhood. Everything looks so small, and now you are just a tiny speck in the frame. Next, pull back even more, so you can see the city you're in from an airplane, then the whole province or state and all the mountains and forests and water. Then pull back and see the country.

Keep slowly pulling back until you see the whole continent, and back even farther until you see the whole planet Earth, a blue and green sphere floating in space.



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At some point during this process, you might start to realize that whatever is stressing you out or whatever you are worried about is really not that important or as bad as it seems. It may seem really huge from where you are standing, on this one day, but in the grand scheme of things, in your long life, it is going to be okay.

However, if you are still feeling stressed, continue pulling back the camera. See the Moon, with the Earth in the background, then the large planet Mars with the Earth as a little blue ball in the distance, then out past Pluto. Earth is so small, so far away, now just a speck of light against a black expanse.

Pull back even farther and realize that you can't see any planets anymore and that the Sun is simply one bright star out of millions of other stars. Maybe there are even living creatures out in the universe. Maybe there are thousands or even millions of planets similar to Earth.

Now think about your problem again. Tell yourself that there is a good chance that none of these other creatures are worrying about your problem.

Now slowly zoom in and come back down to Earth, down, down, down until you can see yourself sitting or lying down. Slowly come into yourself again and open your eyes. You now have a new perspective on your problems and stresses and see that, in the grand scheme of things, they aren't as huge a deal as they sometimes feel.