

Out of this World Visualization



Close your eyes and take a few slow, smooth breaths...

Now imagine stepping outside of your body and filming yourself, where you are right now, at this exact moment in time. Look at yourself from the outside, and do a close-up shot of yourself. See yourself sitting or lying down where you are right now, with your eyes gently closed. Now slowly pull the camera lens back so the screen is filled up with your surroundings.

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 some sort of building. Now you see the whole building in the frame. You can see yourself through the roof from above. You can see yourself in one of the rooms.

Now continue to pull the lens back until you can see the whole street in the frame, and then the neighbourhood. Everything looks so small, and now you are just a tiny speck in the wide frame. Now, pull back even more, so you can see the city or town you're in, as if from an airplane, then the surrounding landscape and all the mountains and forests and water.

Keep slowly pulling back until you see the whole vast expanse of the country, and then the whole continent, and back even farther until you see the whole planet Earth, a large blue and green sphere floating in against the dark backdrop of space.

As you do this, you might begin to realize that whatever is stressing you out or whatever you are worried about may not be as important or as bad as it seems, especially when you start to think about everything that is going on in the whole world at this exact moment. It may seem really urgent and big from where you are standing right now, on this one day in your life, but in the bigger picture, it is not as huge a problem or worry as it feels right now.

If you are still feeling worried, continue pulling back the lens even more. See earth getting smaller and then out of the edge of the lens rises the glowing Moon. Keep going further and further, and see Mars. Earth is a little blue ball in the distance. Earth is so small, so far away, now just a speck of light.

Pull back even farther and realize that you can't see any planets anymore. The Sun is simply one bright star out of millions of other stars. Maybe there is life out in the universe, somewhere. Maybe there are many planets similar to Earth. Now think about your problem again. Tell yourself that there is a good chance that none of these other life forms are worrying about your problem.

Now slowly zoom in back towards earth, past the planets and the moon, down through the atmosphere of earth, down, down, down until you see the neighbourhood, down until you see the street, then maybe zoom into the building where you are. Zoom in, until you can see yourself sitting or lying down.

Slowly come into yourself again. Now take some slow, deep breaths...

Slowly open your eyes. You now have a new perspective on your problems and worries. You see that, in the grand scheme of things, your problems aren't as big as they can sometimes feel.

