



V.I.S.I.O.N

MODEL

I

INSTILL CRC MINDSET

# VISION GARDEN MEDITATION SESSION PRACTICE

IS A CREATIVE AND IMMERSIVE PRACTICE DESIGNED TO HELP CLIENTS CULTIVATE A MINDSET OF GROWTH AND CREATIVITY.

THE METAPHOR OF A GARDEN :

- 1.SELF-REFLECTION
- 2.VISUALIZATION
- 3.NURTURING OF PERSONAL AND PROFESSIONAL DREAMS.

SESSION DURATION: 30-45 MINUTES.



# OVERVIEW OF VISION GARDEN MEDITATION

## CORE CONCEPT:

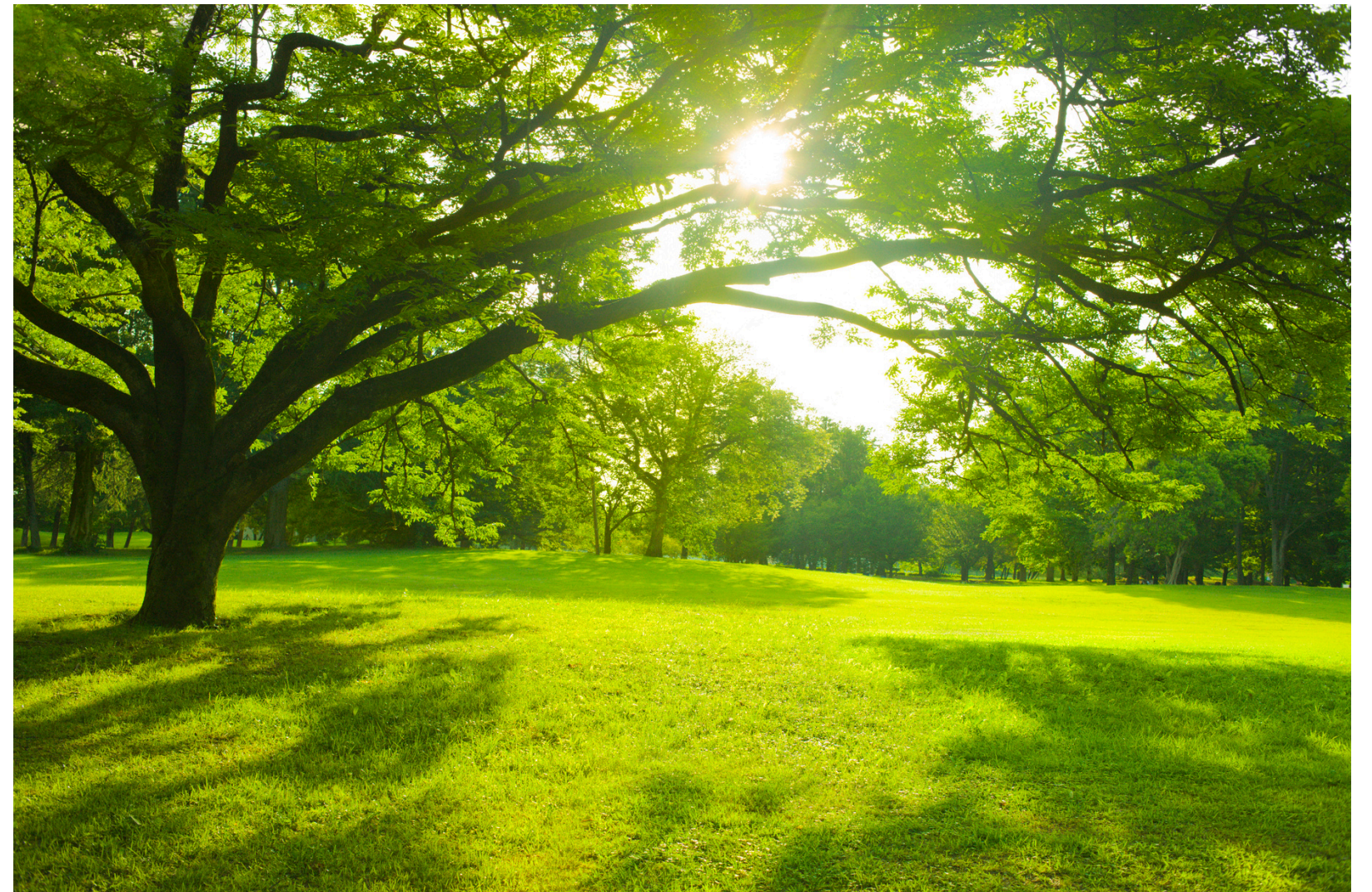
- **GARDEN** REPRESENTS THE CLIENT'S LIFE, WITH FLOWERS, PLANTS.



# OVERVIEW OF VISION GARDEN MEDITATION

## CORE CONCEPT:

- **TREES** SYMBOLIZING THEIR GOALS, ASPIRATIONS, CHALLENGES, AND GROWTH.



# OVERVIEW OF VISION GARDEN MEDITATION

## CORE CONCEPT:

- **SEEDS** SYMBOLISE NEW IDEAS OR INTENTIONS, WHILE **WEEDS** REPRESENT OBSTACLES OR LIMITING BELIEFS.





# OVERVIEW OF VISION GARDEN MEDITATION

## OBJECTIVE

- HELP CLIENTS GAIN **CLARITY** ABOUT THEIR **VISION**.
- ENCOURAGE **REFLECTION** ON WHAT THEY WANT TO NURTURE (**GOALS**) AND WHAT THEY WANT TO REMOVE (**OBSTACLES**).
- FOSTER **CREATIVITY** AND INSPIRATION IN A RELAXED, MEDITATIVE STATE.



# PREPARATION FOR THE SESSION

## ENVIRONMENT:

- CHOOSE A QUIET, COMFORTABLE SPACE. USE SOFT LIGHTING AND NATURE SOUNDS IF POSSIBLE.
- CONSIDER HAVING NATURAL ELEMENTS (E.G., PLANTS, FLOWERS, ESSENTIAL OILS) TO ENHANCE THE GARDEN THEME.

## MATERIALS:

NOTEBOOK OR JOURNAL AND A PEN FOR POST-MEDITATION REFLECTION.

## COACH'S ROLE:

ACT AS A CALMING GUIDE, PROVIDING CLEAR INSTRUCTIONS AND MAINTAINING A SOOTHING TONE THROUGHOUT THE SESSION.

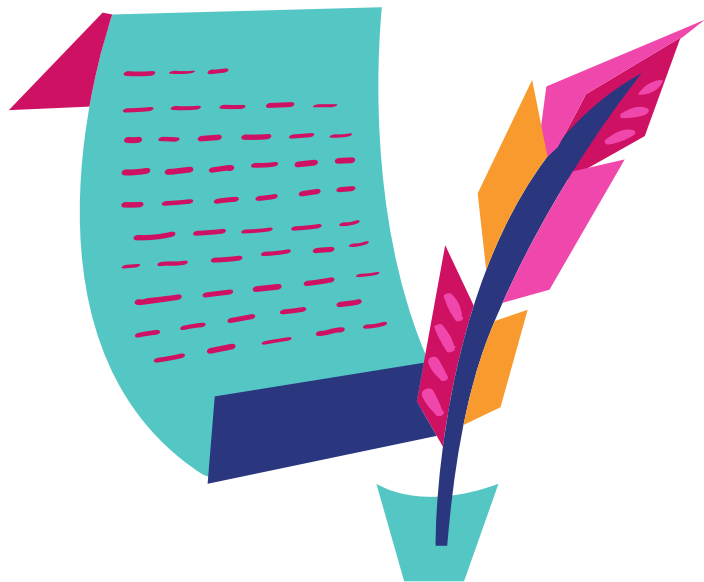
OBSERVE THE CLIENT'S ENERGY AND RESPONSES TO ADJUST THE FLOW IF NEEDED.

## 1. INTRODUCTION (5 MINUTES)

PURPOSE: PREPARE THE CLIENT AND SET THE INTENTION FOR THE SESSION.

**SCRIPT:** "TODAY, WE'LL EMBARK ON A JOURNEY TO YOUR VISION GARDEN—A PEACEFUL PLACE WITHIN YOUR MIND WHERE YOU CAN EXPLORE YOUR DREAMS, GOALS, AND CHALLENGES. THE GARDEN WILL HELP YOU CONNECT WITH YOUR VISION AND REFLECT ON WHAT YOU WANT TO NURTURE IN YOUR LIFE."

"THERE'S NO RIGHT OR WRONG WAY TO EXPERIENCE THIS. SIMPLY ALLOW YOUR IMAGINATION TO FLOW FREELY."



## CENTERING AND RELAXATION (5-7 MINUTES)

**PURPOSE:** HELP THE CLIENT ENTER A CALM, FOCUSED STATE.

**STEPS:**

1. GUIDE THE CLIENT TO CLOSE THEIR EYES AND SIT COMFORTABLY.
2. INSTRUCT THEM TO TAKE DEEP BREATHS, INHALING THROUGH THE NOSE AND EXHALING THROUGH THE MOUTH.
3. LEAD A BRIEF BODY SCAN, INVITING THEM TO RELAX EACH PART OF THEIR BODY, STARTING FROM THE HEAD AND MOVING DOWN TO THE FEET.
4. ENCOURAGE THEM TO FOCUS ON THE RHYTHM OF THEIR BREATH.

### 3. VISUALIZATION OF THE GARDEN (10-15 MINUTES)

**PURPOSE:** GUIDE THE CLIENT TO CREATE AND EXPLORE THEIR VISION GARDEN.



**1. "IMAGINE YOU ARE STANDING AT THE ENTRANCE OF A BEAUTIFUL GARDEN. THE AIR IS FRESH, AND THE SUN IS GENTLY WARMING YOUR SKIN. TAKE A MOMENT TO OBSERVE THE DETAILS OF THIS SPACE."**

**2. "AS YOU STEP INSIDE, NOTICE THE VIBRANT COLORS, THE SCENTS OF FLOWERS, AND THE SOUNDS AROUND YOU. THIS IS YOUR VISION GARDEN—A REFLECTION OF YOUR INNER WORLD."**



**3. "LOOK AROUND AND NOTICE THE PLANTS. SOME MAY BE THRIVING, REPRESENTING AREAS OF YOUR LIFE WHERE YOU FEEL FULFILLED. OTHERS MAY NEED ATTENTION OR CARE, SYMBOLIZING ASPECTS YOU WANT TO IMPROVE OR GROW."**

**4. "FIND A PATCH OF SOIL WHERE YOU CAN PLANT SEEDS. THESE SEEDS REPRESENT NEW GOALS OR IDEAS YOU WISH TO NURTURE. WHAT WOULD YOU LIKE TO PLANT HERE? VISUALIZE YOURSELF PLACING THESE SEEDS IN THE EARTH."**

5. "NOW, NOTICE IF THERE ARE ANY WEEDS OR OVERGROWN AREAS IN THE GARDEN. THESE REPRESENT OBSTACLES, DOUBTS, OR LIMITING BELIEFS. IMAGINE YOURSELF GENTLY REMOVING THEM, MAKING SPACE FOR NEW GROWTH."

6. "AS YOU LOOK AROUND, NOTICE A TREE OR PLANT THAT STANDS OUT TO YOU. WHAT DOES IT REPRESENT? PERHAPS IT'S A LONG-TERM GOAL, A DREAM YOU'VE HAD FOR YEARS, OR A SOURCE OF STRENGTH IN YOUR LIFE."



- **PURPOSE:** CONCLUDE THE MEDITATION WITH A SENSE OF GRATITUDE AND INTENTION.
- **SCRIPT:**

**"TAKE A MOMENT TO APPRECIATE THE BEAUTY AND POTENTIAL OF YOUR VISION GARDEN. FEEL GRATITUDE FOR THE GOALS YOU'VE PLANTED AND THE GROWTH THAT IS ALREADY HAPPENING."**

**"WHEN YOU ARE READY, GENTLY BRING YOUR AWARENESS BACK TO THE PRESENT MOMENT. WIGGLE YOUR FINGERS AND TOES, AND WHEN YOU FEEL READY, OPEN YOUR EYES."**

## **JOURNALING PROMPTS:**

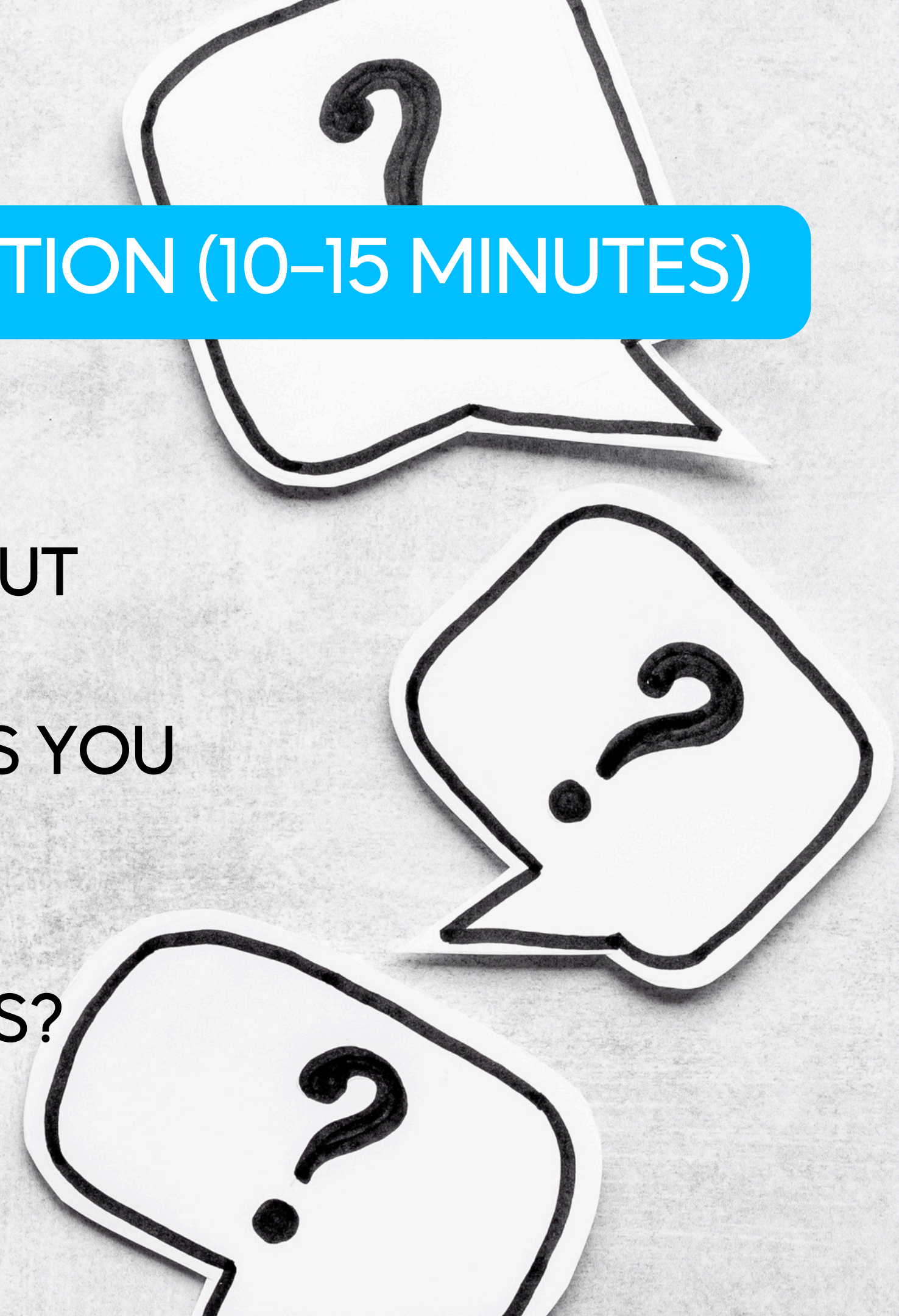
- **WHAT DID YOUR VISION GARDEN LOOK AND FEEL LIKE?**
- **WHAT SEEDS DID YOU PLANT, AND WHAT DO THEY REPRESENT?**
- **WHAT WEEDS OR OBSTACLES DID YOU NOTICE? HOW CAN YOU ADDRESS THEM IN YOUR DAILY LIFE?**
- **DID ANY PARTICULAR PLANTS OR SYMBOLS STAND OUT? WHAT DO THEY MEAN TO YOU?**



## POST-MEDITATION REFLECTION (10-15 MINUTES)

### DISCUSSION QUESTIONS:

- WHAT INSIGHTS DID YOU GAIN ABOUT YOUR GOALS OR CHALLENGES?
- HOW CAN YOU NURTURE THE SEEDS YOU PLANTED IN YOUR VISION GARDEN?
- WHAT ACTIONS CAN YOU TAKE TO REMOVE THE WEEDS OR OBSTACLES?



# TIPS FOR VISIONARY COACHES

- **BE FLEXIBLE:**
  - ADAPT THE SCRIPT TO THE CLIENT'S PREFERENCES. FOR EXAMPLE, IF THEY PREFER AUDITORY CUES, FOCUS ON SOUNDS IN THE GARDEN.
- **ENCOURAGE OPENNESS:**
  - REMIND CLIENTS THAT THEIR GARDEN IS UNIQUE TO THEM, AND THERE IS NO RIGHT OR WRONG WAY TO EXPERIENCE IT
- **FOLLOW UP**
  - IN THE NEXT SESSION, ASK THE CLIENT HOW THEY'VE NURTURED THEIR "SEEDS" OR ADDRESSED THEIR "WEEDS."

## CONCLUSION

**VISION GARDEN MEDITATION IS A POWERFUL TOOL FOR HELPING CLIENTS CONNECT WITH THEIR ASPIRATIONS AND GAIN CLARITY ON THEIR PERSONAL AND PROFESSIONAL GOALS.**

**BY GUIDING THEM THROUGH THIS CREATIVE AND REFLECTIVE PROCESS, YOU CAN EMPOWER THEM TO TAKE ACTIONABLE STEPS TOWARD GROWTH WHILE FOSTERING A SENSE OF PEACE AND INSPIRATION.**



## CONCLUSION

ENCOURAGE YOUR CLIENTS TO REVISIT THEIR VISION GARDEN REGULARLY TO NURTURE THEIR DREAMS AND REALIGN WITH THEIR VISION. THIS PRACTICE CAN BECOME A CORNERSTONE OF THEIR PERSONAL TRANSFORMATION JOURNEY.

