

A serene garden scene at sunset. A wide, light-colored stone path leads from the foreground into the distance. To the left of the path is a small pond with several green lily pads and white flowers. A large, light-colored Buddha statue sits on a grassy bank to the left. In the background, a person stands on a grassy area, silhouetted against the bright sunset sky. The sky is filled with soft, white clouds, and the sun is low on the horizon, creating a warm, golden glow. Trees and shrubs are scattered throughout the garden, and a stone wall runs along the background. The overall atmosphere is peaceful and contemplative.

Frequency:

Practice periodically during your day. People who visualize naturally, exercise their imagination-muscle routinely during all kinds of activities.