

This Cottey visualization/meditation is aimed to help your state of mind. We invite you to find a quiet relaxing space. We invite you to join us in visualizing our favorite campus while getting our body and mind in a state of relaxation and gratitude.

Lie down on your back or sit in a chair with your feet planted on the floor.

Close your eyes.

Take three deep breaths.

(Breathe)

(Breathe)

(Breathe)

As you breathe, let any tension float away from your body. Your arms let go of tension, then your legs. Feel your neck your back, your spine all slowly letting any pressure melt. All your muscles are relaxing as you continue to breathe. You are feeling calm, relaxed, at peace.

Imagine yourself in your favorite place on campus. Perhaps you sitting on your bed in your dorm room in Robertson, PEO or Reeves Hall? Maybe you sitting on a couch in your suite? You may find yourself enjoying the breeze on a bench outside in the gazebo.

What do you hear? As you focus your attention to the sounds around you, you notice laughter. Your suitemate is telling a story. You smile, remembering all the stories you have heard from your suitemates.

Your attention shifts as you feel your belly rumble. Is it time for dinner? You recall your favorite Cottey dish. You can practically smell it.

Now you envision yourself in Raney dining hall, you notice that there is a visitor sitting alone at a table. He looks confused, but quickly smiles as his Cottey friend and other Cottey students surround the table and begin to sing.

Skidamarink a-dink a-dink

Skidamarink a-doo

I love you

Skidamarink a-dink a-dink

Skidamarink a-doo

I love you

After having enjoyed the dinner and a show, you leave Raney and walk back to your suite. You decide to take a walk with your best friend around campus.

Traffic is quiet, so crossing Austin only requires one wave of gratitude to the driver who waved back while waiting for you two to cross.

You see fresh flowers in the Wild Center for the Arts. You stop and smell the yellow lilies that are as bright as the sun.

You wander toward PEO hall and wave at your professor who calls out your name. "Great job in class" they say. You and your best friend both smile, you both share the class and wonder, who was the professor affirming. Both of you, you agree.

There is a new student exhibit in the Fine Arts building. You pull out your key card and turn the lock from red to green. Entering the glass entry way you see colors and shapes displayed from walls, the ceiling and doors. Your suitemate's art is on display!

The chapel bell rings as you walk outside again. You see historic Main Hall and wonder how Virginia Alice would feel walking on campus today.

You cross the street and decide to walk passed the library, Rubie Burton and head toward the softball field. There is a game. Cheering erupts as a Cottey Comet hits a homerun.

After celebrating, you and your best friend cross the street towards Hink House. A Chellie Shake sounds like a perfect treat to enjoy, so you walk to the Student Center in the lower level of the chapel. Chocolate? Vanilla? No, Mint Chip!

While swinging on the new outdoor hammocks, you and your friend sip the sweet, cold drink and talk about where you will be in 5, 10, even 20 years from now. Smiling, laughing and knowing that you felt at peace. Your state of mind was content. You had a Cottey state of mind.