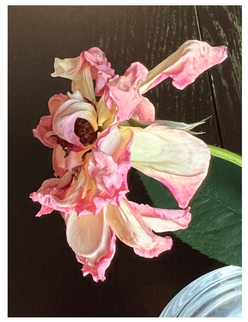
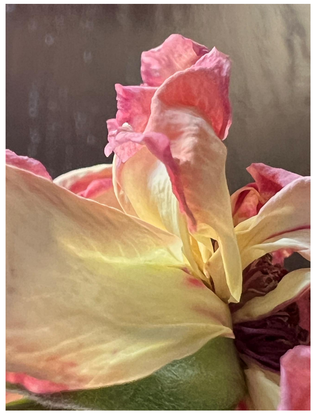
The Science of Consciousness 2026 – San Diego
Poster #897

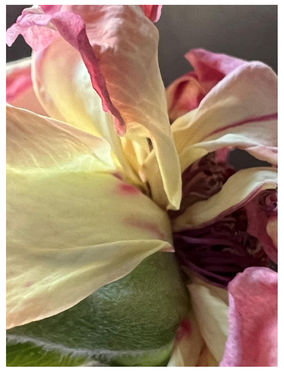
Experiential Knowing Using Visualization

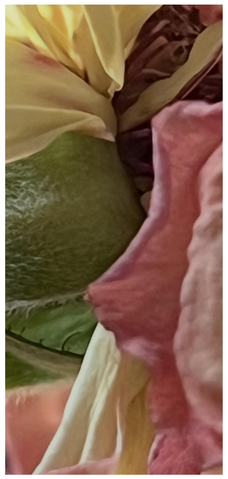
Visual Art Forms
Meditation and mindfulness
Nature and spirituality
Created and presented by Laurel E. Wadlund

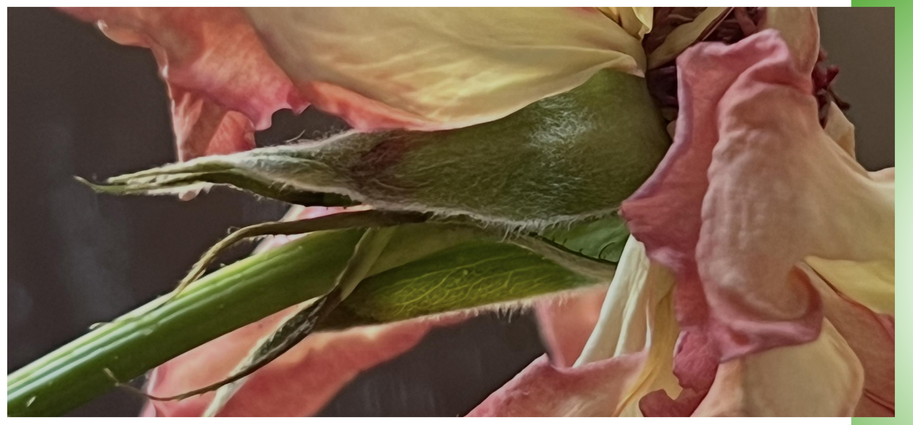












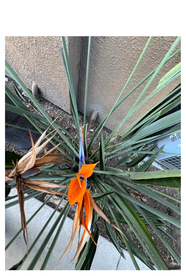
How does our perspective shape what we see?
How does one look deeply without expectation of an outcome?
How does one allow? When allowed, what comes forth?
How does one find connection? What is connection?
How does one find connection without attachment?
How does one find themselves in the other?

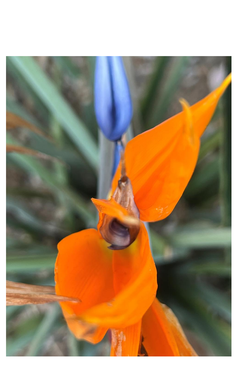
Consider
Natures demonstrations of life
Finding beauty, peace and freedom through
Impermanence

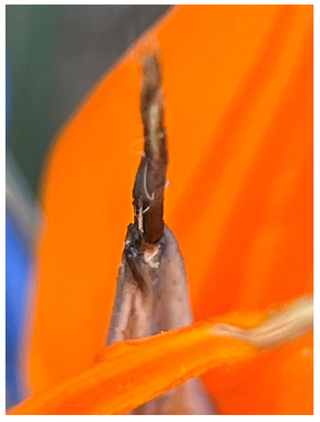
Suffering the arrows of life
Finding beauty, peace and freedom through
the rise and fall that is
Impermanence

In reflective meditation
Finding No-Self
Finding All Selves
Finding
Creative Universal Loving Energy
Unfolding
Time and again
Through collaboration
Through allowing
Through seed

Life Is







How does one experience the creative loving universal energy that enlivens Nature's smile?

Have you imagined the softness of petal arms within which you find deep restful presence?

Whether seeking understanding of the physical world or your place in it, my experience and my theory is
using visualization to bring a sense of stillness, by looking deeply to find the energetic expression, one may find connection with all that is.

Reading Between the Lines

A Visual Meditation

by
Laurel E. Wadlund

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