*Guided Relaxation*

*Bubble Blower Magic*

 *your eyes and take in a very deep breath.*

*Pretend your tummy is a balloon and as you in­hale, make that balloon as big as you can. Now, exhale and release it all.*

*As you breathe and relax, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose. They feel so heavy it’s as if you don’t even want to move them because they are just so very comfy.*

*Allow your body to continue relaxing while we use our imaginations to picture something won­derful.*

*In your mind, pretend you are pulling a big mag­ical bubble blower out of your pocket. It looks like any bubble blower but this one has real magic in it.*

*It has been small in your pocket, but as you pull it out, you realize it becomes enormous. It’s big­ger than any bubble blower you’ve ever seen.*

*Now, in your other hand, imagine you have a big bottle of magic bubble soap. Put the blower into the thick magic bubble liquid.*

*You can start to blow through the bubble blower to make your gigantic bubble. As you do this, I want you to put any worry or fear you have about anything into that bubble.*

*Then continue blowing the bubble until you think it’s big enough. Get the whole worry in there. It will keep expanding to hold it all.*

*Nod your head when you’ve done that.*

*(Wait for nod)*

*As you finish, watch how a very strong friendly breeze comes along and carries your worry bub­ble far, far away, It carries it so far away that you will never have to worry about that again.*

*It’s leaving now. Watch as it goes.*

*Doesn’t it feel good to watch that worry float away? It might be gone forever. But if it comes back, all you have to do is remember that it’s just a thought. And thoughts can be changed or released to help us feel better.*

*Now, you can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far away.*

*You can use this magic bubble blower whenever you need to - just by imagining it in your mind. I’ll be quiet now so you can finish.*

*Tell me when you’re finished, and we can talk about it if you want.*

*By: Melissa Dormoy of Shambala Kids*

*Peaceful Butterfly*

*Close your eyes, and take in a nice deep breath.*

*Let the sights and sounds of this room fade away as you focus on your breathing and get ready to visualize a fun and relaxing adventure.*

*Your body begins to feel deeply relaxed and sinks down further where you are. Your arms and legs begin to feel very heavy. You patiently enjoy this time as your mind and body continue to relax.*

*Now, imagine you’re a beautiful butterfly flutter­ing high in the sky. Below you, there is alovely green valley with lots of colorful flowers, just waiting for you to enjoy.*

*You feel the wind gently blow against your deli­cate wings.*

*As the wind touches you, it gently blows away any worries or any stress you feel. Your mind is clear and calm. You feel light as the wind itself - a cheerful butterfly gliding and fluttering any­where you wish to go.*

*Did you know that as a butterfly moves from flower to flower, it spreads just what the other plants need to thrive and grow? You are like that, too. You can flutter about peacefully and beautifully - spreading kindness, happiness, and goodness wherever you go!*

*The sun touches your colorful body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.*

*It’s so nice to be this light and airy. Your butter­fly self has left any worries or fears behind. You love how it feels to beat your wings and fly, and anytime you start to feel tired, you can land on a leaf or flower and rest.*

*You spread your lovely wings in a huge stretch. You are completely peaceful and content as you allow your true happiness to shine through.*

*It feels so good. Your body is calm and your mind is peaceful.*

*You can fly around as long as you’d like – explor­ing or just floating gently on the wind.*

*Take in a deep breath now and exhale slowly. When you’re ready, give your body another big stretch and slowly open your eyes.*

*What did you like best about being a butterfly? Keep that feeling with you as long as you can. And remember, you can always come back here - or to any calming place - just by using your mind.*

*By: Melissa Dormoy of Shambala Kids*