



# guided relaxation

## "Enchanted Fall Forest"

with Mellisa Dormoy  
of Shambala Kids

This time of year, children are busy studying for tests, doing homework and extracurricular activities. We want to make sure that they also take the time to relieve stress and enjoy quiet moments within. In this meditation, let's use our imaginations to explore an enchanted forest to alleviate worries and stress.

Gently close your eyes and take in a nice deep breath.

Do this several times and allow your body to relax more and more with each deep breath. Notice how peaceful you become with this deep breathing. Notice how all your muscles begin to relax and feel good and loose.

Continue to breathe normally now as I guide you on this marvellous adventure!

Imagine yourself now, walking down a well-worn path in a beautiful forest. The trees have changed all their foliage and now you see an amazing display of colors – gold, red, orange and speckles of green. Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. Its coolness tickles your nose and ears. It feels so very wonderful to be out here, in nature, enjoying the beauty of this place.

In the distance you hear a waterfall, and you carefully walk towards the rushing water sound. As you come to the path's end, you see the rushing stream. You see the most beautiful white waterfall right in front of you.

It's so calming and looks as if wet sunshine is cascading down onto large rocks. The sound of rushing water relaxes you. The water must be pretty cold because its fall now and days are growing shorter. Soon there may even be snow.

Sit down a while and enjoy the spectacular scenery. Listen as the water pounds down on the rocks.

Here any stress or worries you have seem to be washed away for good. The sound of the waterfall gushing down seems to make you relax more. It clears your mind and washes away any frustration and difficult thoughts. Allow the sounds to wash any worries away... just let them go.

You may notice that you're feeling calm and relaxed here in this place. This magical forest dressed up for fall is a special place just for you. You can come back here at any time to calm your body and mind and let go of any worries or stress. You know that everyone has worries and stress sometimes. The difference is that you know how to deal with them. When you want to relax and find peace, you can come here just by thinking of this place and imagining yourself here. This calm, peaceful place by the waterfall invites you to wash away your worries or stress anytime.

You feel so good and refreshed now. You can feel renewed fresh energy entering your body and refreshing you completely. You've done a terrific job today. Now, you can just drift off into wonderful, deep sleep for beautiful dreams and a very peaceful night. Goodnight and sweet dreams.