



# guided relaxation

with Mellisa Dormoy  
of Shambala Kids

## "Visualizing the New Year"

*The holiday season is the perfect time to reflect on what we're thankful for. It's also the ideal time to help our children set an intention for the New Year.*

*Simply read this guided visualization script in a relaxing voice right before bed or nap time.*

Lie down and close your eyes. Just imagine you're lying somewhere very comfortable, and your body starts to relax more and more. You begin to feel warm and cozy inside even though the outside air has grown crisp. The trees have lost their leaves and have gone to sleep for the winter. Imagine yourself curled up in front of a nice warm fireplace. You watch as the flames flicker yellow and red. The golden yellow flame seems to relax you even further as you enjoy its warmth.

As you lie here enjoying this moment of relaxation, you start to remember some wonderful things that have happened this past year. There have been many moments that have made you happy; many moments that have made you smile and grateful.

It's been a good year.

You've grown on the outside and on the inside too. You're smarter and wiser this year. You know yourself better, and you're getting to know your personal gifts more and more.

The new year will bring a brand new start. Now is the time to think about all the amazing things you want to accomplish. Remember, you can achieve anything you put your mind to!

So start to imagine all the wonderful things you'd like to do this coming year. Maybe you want to get better at something you enjoy doing, or perhaps learn a new skill. Maybe you want to spend more time helping others. Whatever you decide to do this coming year will be a wonderful goal to work towards each and every day. Always remember to have faith in yourself and in your ability to accomplish your dreams. By using your heart and your mind together, you can create a fantastic year filled with joy, happiness, and fun!

Now take in a deep breath and imagine yourself at the end of the year having accomplished all these wonderful things you've been thinking about. Doesn't it feel wonderful? Picture yourself as having succeeded, and hold on tightly to that image in your mind and heart!

Now allow peacefulness and happiness to fill up your entire body, going into each and every cell. When you're ready you can open your eyes and give your body a big stretch... and be ready to live your dream!