



guided relaxation

with Mellisa Dormoy
of Shambala Kids

"Peaceful Retreat"

When you are ready, lie back and get comfortable. Gently close your eyes. Take in a deep breath and feel the air come in so comfortably, so smoothly, and then exhale it out.

Whenever you want to calm yourself, all you have to do is close your eyes and focus on calm breathing. Let's relax deeper into that calm feeling with this countdown:

- 5 - relaxed and letting go...
- 4 - deeper relaxed
- 3 - letting go of any worries
- 2 - deeper and deeper relaxed
- 1 - fully relaxed now and nothing is bothering you

Pretend for a moment that you are the wind. You gently blow and you comfortably and peacefully glide along.

Along your journey you pick up some leaves that ride with you for a distance. How wonderful to feel the connection to these unique, beautiful leaves, to know you are not separate but that you are one with everything you see. You surround the whole globe as the wind. Sometimes you are strong and other times you are very gentle. Feel your gentle strength now as you calmly blow across the trees and the rich earth.

And now from the wind, imagine changing into a leaf that's floating on the wind. Feel yourself as a beautiful soft leaf bending back and forth with the wind, riding the wind very far and dancing

in the wind. You do this so beautifully; gliding so gracefully. You are letting the wind carry you where it wants too.

Now as the leaf, you turn over and look at the big sky. How large it is. Become the bright blue sky now - the crystal, blue, beautiful sky. You cover the whole earth with your body. The birds are flying inside you and joyously singing their songs. Feel the clouds move within yourself, floating along as brother wind blows them gently. Feel how large and protective you are. You cover everything, protecting the animals and the people. People gaze up at you in wonder to see how magnificent and beautiful you are. Within the sky now, become aware of one particular cloud among the others.

Become that cloud now. Feel the puffiness, the beauty, the lightness of your cloud body. You're like a big fluffy pillow that everyone wants to rest on! How beautiful you are in all your states, you are part of everything and everything is part of you. Feel yourself as the cloud. Move and change as you want. You feel wonderfully light and happy just floating and dancing around.

Start to slowly drift back down to earth, back down to your bed, becoming your beautiful self once again.

What a beautiful journey we have taken this evening. Now you can open your eyes if you wish, or you can continue your journey on into dreamland.