



# guided relaxation

with Mellisa Dormoy  
of Shambala Kids

## "Thankful Turtle"

*This issue's guided imagery meditation is all about gratitude. Read the imagery in a relaxed voice but place joyful emphasis when needed.*

Let's take a moment and simply feel happy and thankful before we drift off to sleep. Noticing what we appreciate makes our hearts feel so very full. It also gives us deep peace and joy!

So, get comfortable, and when you're ready, close your eyes. Let your body sink into your bed. Allow yourself to just relax naturally. Take in a few deep breaths and exhale slowly, as you begin to relax your body fully.

Imagine an extremely cute and cuddly little cartoon turtle. He's not a real one of course – but I am sure you can see him very clearly in your mind. He can stand on his back legs and he has little turtle flippers, big eyes, a funny nook nose and a silly smile. You see a twinkle in his eye! This is the Thankful Turtle. Isn't he adorable?

The Thankful Turtle is here to remind us of all the things we have to be thankful for, even when our days are sometimes rough.

First of all, the little happy turtle reminds you that you woke up this morning! Yes! Thank goodness you woke up to a beautiful day of life – a life that holds adventure and many surprises. You think to yourself how very thankful you are that you simply woke up and had the opportunity to experience the day. You also learned things

today... maybe your day was wonderful. Maybe it was difficult. But either way, you know more today than you did yesterday. The Thankful Turtle reminds you that you can be grateful for all life's lessons - great and small. For that, he does a little happy dance and you feel happiness dance into your own heart.

Thankful Turtle looks at you with a gleam in his eyes now and smiles as he looks up at your strong body. You're reminded that your body has moved and breathed for you today. Your body is truly a miracle! You imagine your hands and feet and how active they're been today in doing all you've done.

It's so wonderful to experience all the things you've experienced today and the places you've been. Even if you've stayed home today, you have still travelled many places in your imagination, right? You're thankful for this! Thankful Turtle does another little happy dance and that makes you giggle. He reminds you of all there is to be grateful for in life... big things and small things.

Thankful Turtle reminds you about your family and friends who care deeply for you. These people love you just because you are you! You feel so good in your heart knowing that you are loved and cared for. Life is so much better when we take time to be grateful for all we have and all we experience. When you're ready, you can open your eyes and give your body a big stretch. Or let yourself drift off to restful sleep.