

# Guided Relaxation

## "Bubble Blower Magic"

Close 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.

