

# Guided Relaxation

## "Dancing Snowflakes"

Close your eyes, and let yourself get nice and comfortable. Let your body take a slow, deep breath that fills up your belly. When you exhale, let go of any worries and blow them far, far away.

Let yourself be still and sink into your imagination.

Now, allow every part of your body to become very loose and relaxed. Just let all your muscles relax and become very lazy and limp.

Now that you are completely relaxed in your mind and body, picture yourself all bundled up and standing outside on a beautiful snowy day. Your clothes are thick and warm, so you're perfectly cozy. A scarf around your neck and knitted hat upon your head keep you feeling nice and toasty.

As you lift your face to the sky, you notice tiny dancing snowflakes falling all around you. They look so beautiful and magical! They kiss your nose and stick to your eyelashes. They make you laugh as you hold out your arms and spin around in this light flurry of a winter wonderland.

Each beautiful and unique snowflake is a shiny, tiny pure reminder of all the good you have in your life. They remind you of all the positivity and happiness you have every day. All you have to do is open your eyes and see those bits of positivity everywhere!

Notice how each tiny snowflake comes from a place we can't even see. But as they come closer, we can see how beautiful each one is.

The snowflakes - each one so tiny - begin to gently pile up around you now.

You laugh and gather up some bright snow and toss it all around. As you do that, you feel so thankful for all the blessings you have in your life: for the people who love you and care for you, for the happy things that happen every day, and even for the things that may challenge you a bit more but help you grow into the person you are becoming.

Notice how happy you feel in your heart as the snowflakes tumble down all around you.

Snowflakes come and go. You can enjoy and appreciate them, even though you can't hold one in your hand for very long.

They remind you that you are always surrounded by goodness and love. All you have to do is look for it, and you will find it everywhere. And that love can make your heart feel warm, even during the coldest of times. How special it makes us feel that we are so loved!

When you're ready, you can open your eyes now and give your body a nice big stretch. You've done an amazing job on our journey together.

