

Guided Relaxation

"Deep Breathing Meditation"

Close your eyes and take in a very slow, deep breath. Continue breathing deeply and feel the fresh air come in through your nose and flow all the way down to your belly. Feel your belly expand out as you breathe deeply.

Notice how the breath feels as it softly flows in through your nose, into your throat, and further and further down it goes. Make sure your belly is moving slowly up and down as you inhale and exhale.

Isn't it nice to feel this calm and quiet after the active day you've had?

It's really good for our bodies and our minds to feel this calming breath flowing in and out. When we learn to pay attention to our breathing, we're actually practicing meditation.

Meditation is simply being very focused and calm within. It helps us our minds and it gives us peace.

Listen carefully to what you hear around you. It doesn't matter what it is - sounds of nature or sounds of the human world. In this deep breathing state, we may be aware of sounds around us, but we aren't distracted by them.

We're also going to learn a fun breathing technique you can use anytime. It's called the box breath.

Picture a square in your mind. As we go through each of these four steps, imagine each one is a different side of the box. We're also going to do each step for a count of four - which is how many sides the box has.

Breathe in 1, 2, 3, 4

Hold 1, 2, 3, 4

Breathe out 1, 2, 3, 4

Pause 1, 2, 3, 4

This type of breathing can help you calm down when you are upset, angry, or scared. Or it can just help you relax anytime you feel tense or when you are ready to go to sleep.

Your breath is very special. It's part of the energy that flows in and out of you and by working with your whole body, it keeps you feeling healthy and good - inside and out.

Allow the breath to fill up your whole body now and enjoy as the energy goes into each and every cell, each and every muscle of your body. Imagine that your happy breath is bringing a big beautiful smile to every part of your body. Doesn't that feel good?

Try to spend a little each day breathing this way. You'll be really amazed at how good it will make you feel all over.

