

# Guided Relaxation

## "Peaceful Butterfly"

Close your eyes, and take in a nice deep breath.

Let the sights and sounds of this room fade away as you focus on your breathing and get ready to visualize a fun and relaxing adventure.

Your body begins to feel deeply relaxed and sinks down further where you are. Your arms and legs begin to feel very heavy. You patiently enjoy this time as your mind and body continue to relax.

Now, imagine you're a beautiful butterfly fluttering high in the sky. Below you, there is a lovely green valley with lots of colorful flowers, just waiting for you to enjoy.

You feel the wind gently blow against your delicate wings.

As the wind touches you, it gently blows away any worries or any stress you feel. Your mind is clear and calm. You feel light as the wind itself - a cheerful butterfly gliding and fluttering anywhere you wish to go.

Did you know that as a butterfly moves from flower to flower, it spreads just what the other plants need to thrive and grow? You are like that, too. You can flutter about peacefully and beautifully - spreading kindness, happiness, and goodness wherever you go!

The sun touches your colorful body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

It's so nice to be this light and airy. Your butterfly self has left any worries or fears behind. You love how it feels to beat your wings and fly, and anytime you start to feel tired, you can land on a leaf or flower and rest.

You spread your lovely wings in a huge stretch. You are completely peaceful and content as you allow your true happiness to shine through.

It feels so good. Your body is calm and your mind is peaceful.

You can fly around as long as you'd like - exploring or just floating gently on the wind.

Take in a deep breath now and exhale slowly. When you're ready, give your body another big stretch and slowly open your eyes.

What did you like best about being a butterfly? Keep that feeling with you as long as you can. And remember, you can always come back here - or to any calming place - just by using your mind.

