

Guided Relaxation

"Visualizing the New Year"

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

Let your body get comfortable. Sink down until you begin to feel warm and cozy inside no matter how it feels outside.

Imagine yourself curled up in front of a nice warm fireplace. You watch as the flames flicker yellow and red. The golden yellow flame seems to relax you even further as you enjoy the warmth of the glowing fire.

As you lie here enjoying this moment of relaxation, you start to remember some wonderful things that have happened this past year.

There have been many moments that have made you happy; many moments that have made you smile and feel grateful.

It's been a good year.

You've grown on the outside and on the inside, too. You're smarter and wiser this year. You know yourself better, and you're getting to know your personal gifts more and more.

As you think about the new year ahead, you know it will bring a brand new start.

Now is the time to think about all the amazing things you want to accomplish. Remember, you can achieve what you want by focusing, believing, working hard, and using your imagination.

So, start to imagine all the wonderful things you'd like to do this coming year. Maybe you want to get better at something you enjoy doing, or perhaps learn a new skill.

Maybe you want to spend more time helping others.

Whatever you decide to do, it will be a wonderful goal to work towards each and every day.

Always remember to have faith in yourself and in your ability to accomplish your dreams. By using your heart and your mind together, you can create a fantastic year filled with joy, happiness, and fun!

Now take in a deep breath and imagine yourself at the end of next year having accomplished all these wonderful things you've been thinking about. Really take the time to see it in your mind.

Doesn't it feel wonderful?

Picture yourself as having succeeded, and hold on tightly to that image in your mind and heart.

Now allow peacefulness and happiness to fill up your entire body, going into each and every cell.

When you're ready you can open your eyes and give your body a big stretch... and be ready to live your dream!

