

# Guided Relaxation

## "Autumn Leaf on a Gentle Breeze"

Whenever you want to calm yourself, all you have to do is close your eyes and focus on your breath. Count down from 5 and relax deeply. Let's practice that right now together.

(slowly count down from 5 to 1)

Imagine yourself outside in the beautiful autumn air. Pretend for a moment that you are the wind. You glide peacefully along on this sunny, pleasant day. The air smells crisp all around you.

Along your journey you pick up some leaves that ride with you for a distance. How wonderful to feel the connection to these unique, beautiful autumn leaves, to know you are not separate but that you are one with everything you see.

Sometimes you are strong and other times you are very gentle. Feel your gentle strength now as you calmly blow across the trees and the rich earth.

And now from the wind, imagine changing into a leaf that's floating on the wind.

Feel yourself as a beautiful soft leaf bending back and forth with the wind, riding the wind very far and dancing in the wind. You do this so beautifully; gliding so gracefully. You are letting the wind carry you where it wants.

Now as the leaf, you turn over and look at the big sky. How vast and open it is.

Become the bright blue sky now. You cover the whole earth. Feel the clouds move all about you, floating along as the wind moves them gently.

Feel how large and protective you are. You cover everything, protecting the animals and the people. People gaze up at you in wonder to see how magnificent and beautiful you are.

Within the sky now, become aware of one particular cloud among the others. Become that cloud now. Feel the softness, the beauty, the lightness of your cloud body. You're like a big fluffy pillow!

Feel yourself as the cloud. Move and change shape as you want. You feel wonderfully light and happy just floating and dancing around.

How magnificent you are in all your states. From one leaf to the entire sky, you are part of everything and everything is part of you. And when you have troubles or worries, you can let them go and drift peacefully into a happy state - just by using your mind.

Start to slowly drift back down to earth, back down to your bed, becoming yourself once again.

You can open your eyes if you wish, or you can continue your journey into dreamland.

