

# Guided Relaxation

## "Magic Carpet Ride"

Take in a deep breath and close your eyes. I'm going to count down from 5 and when I get to 1, your whole body will feel very heavy and deeply relaxed.

You will feel so relaxed that you will not even want to move... but just stay still and enjoy the wonderful relaxation you feel.

- 5 – Starting to feel the relaxation in your body
- 4 – Your legs are starting to feel heavy... your arms, too
- 3 – Heavier and heavier, and more relaxed and comfortable
- 2 – More and more relaxed with each number
- 1 – Now your whole body is very heavy

Now imagine a beautiful, colorful magic carpet underneath you. This magic carpet is beautiful with exquisite colors. Someone took great care and love in making this very special magical carpet just for you.

Reach down and touch the smooth texture of the brightly colored carpet. It's so soft. Now, wrap your hands around the two tassels that hang down on the front corners. Notice how the tassels tighten and turn up like handles. You feel perfectly safe.

The magic carpet starts off softly, making sure you feel safe and comfortable. The magic carpet gently sways and sweeps up now and makes you giggle with delight!

What an adventure!

It takes you up into the sky, higher and higher, up to the pillowy soft clouds. It feels wonderful to be here... feeling free and completely relaxed.

Look down and see the beautiful green patches below you. The trees seem to wave up at you while the wind blows them gently back and forth. You see fields and houses that look quite tiny from all the way up here.

You begin to let go of any worries. Any problems or difficult thoughts seem to vanish. You leave them all far behind as you relax and enjoy your magical carpet ride.

Glide along with this carpet and know that you are in full control – going faster and faster or perhaps slower, you choose.

You can ride the magical carpet for as long as you wish - floating above or gliding down to get a better look at anything you'd like to see.

When you're ready to land, take in a deep breath and glide your magic carpet back down on the ground. Stop comfortably and very gently - bringing all the wonderful, happy feelings you have back with you.

Open your eyes and take a big breath and another stretch when you are ready.

You've done a great job of using your imagination to create this magical experience.

