

# Guided Relaxation

"Sleepy Seahorse"

It's time to relax and get ready to experience wonderful adventures in our dreams.

So, get comfortable. Take in a nice deep breath and gently close your eyes.

Now, exhale, and as you breathe out, let go of any worries or thoughts you've been holding in your mind. Just blow them out, like blowing bubbles in water.

Very good. Now, inhale again and feel peace and relaxation enter your body and flow down from your nose and throat, down your chest, and all the way into your belly.

Breathing nicely and fully into your belly... and then, exhaling out slowly and deeply.

Now, imagine in your mind that you are a beautiful seahorse. Seahorses change color depending on their surroundings, so you can imagine yourself to be any color you choose.

Surround yourself in that color, too. You are one strong seahorse, with your curvy, muscular tail, beautiful bumpy skin, nice big belly, and a tube for a mouth.

You're surrounded by a big sparkling ocean with many shades of blue and green. This is where you live your happy life with all of your friends.

There are other colorful fish swimming nearby - a friendly starfish moving slowly across the ocean floor, a clownfish swimming back and forth with a big smile, shy clams who occasionally come out to say hello, the joyful jellyfish who gets tangled in everything but is always happy.

You are surrounded by underwater friends here. It's one big happy family.

As you settle down to rest for the night, waves of peace and calm wash over your entire body. The waves relax you, deeper and deeper. You easily wrap your tail around some soft green reeds, so you'll stay safely right here while you rest tonight. You gently ride the ocean current that sways you back and forth.

And as you relax here, you feel yourself become sleepier and sleepier... drifting peacefully with the soft ocean current, but staying in one place because your tail holds you safely.

It feels so amazing floating here. You are immersed in rhythmic relaxation.

You know you'll sleep well tonight because your heart feels happy and your body is completely calm. As you float on gentle waves of relaxation, your body feels heavy as you drift off into peaceful sleep.

Good night, little seahorse. Sweet dreams.

