

Guided Relaxation

"Big Emotions & the Beautiful Dragonfly"

Close your eyes, and take in a nice deep breath. Allow your tummy to fill up all the way up, and then exhale slowly.

Do this slowly five times to really relax your whole body completely.

You'll notice how your body begins to feel deeply relaxed and sinks down further and further. Your legs begin to feel heavy. Your arms now begin to feel heavy and very relaxed.

You enjoy every moment as your body continues to feel soft and warm with each word I say.

Imagine you're a beautiful dragonfly fluttering about the sky. You see the lovely green valley below you with lots of colorful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate, lace wings. As the wind touches you, it gently blows away any worries, any stress you feel.

Enjoy how wonderful it feels to be free. Your mind is so clear and calm. You are completely peaceful. You look so beautiful as you allow your true happiness to shine through.

Gliding on the peaceful wind reminds you that you can feel this way anytime you want. We all experience moments where we feel big emotions, and that's ok.

Emotions and feelings are meant to be felt. We can savor and hold on to the happy feelings.

When a scary or angry emotion comes up, it's best to feel it and understand what it's here to teach us. Then we can let it go so it doesn't stay trapped inside our minds or our bodies.

As you continue to fly along as a dazzling, beautiful dragonfly, notice now how the sun touches your 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.

We all experience many emotions every day. There is nothing bad about them. We just need to realize that we are in control of the emotion, and the emotion isn't in control of us.

You also know that you can deal with those big emotions by breathing deeply, or slowly counting to 5, or talking things out with someone you trust. These are simple ways to stay calm, even when we feel very strongly about something.

The earth is a patchwork of color and you enjoy each moment here as a dragonfly, gliding along feeling so joyful and peaceful. You spread your wings far and stretch. It feels so good. You are ready for an extraordinary day.

Take in a deep breath now and exhale slowly. When you are ready, give your body a big stretch.

You've done a wonderful job visualizing and relaxing.

