

Guided Meditation

"The Mindfulness Cabin"

Gently close your eyes and take in a nice big breath that fills up your tummy. Now let it out and feel your shoulders and body get soft and relaxed.

As you continue to breathe steadily, allow your body and mind to become completely relaxed. Imagine yourself in a beautiful wooded area.

It's safe and comfortable here, with the calming sound of gentle wind moving the leaves of tall trees around you. These woods can be deep in a quiet forest, or very near to your home and family... whatever feels safe and relaxing to you.

As you slowly explore the woods, you come across two friendly, furry bear cub friends. Their names are Molly and Moon.

Molly and Moon are excited to show you their charming little cabin in the woods. It sits in the middle of trees and flowers, and there's a small campfire outside the cabin. The air is crisp and fresh, and it's so peaceful here.

Molly shares that this is their mindfulness cabin. Practicing mindfulness helps her bring peace and joy to her life. It also helps her to feel her feelings – good or bad – but not let them take too much of a hold on her.

Moon tells you that he also loves to take time for gratitude and mindfulness here at the cabin each day. He explains that being mindful is simply giving all your attention and focus to one thing in the present moment.

He asks if you would like to focus your attention on a mindfulness moment now.

It can be a very simple thing you choose to focus on... like a color, or your breath, or the feeling of love or kindness.

Molly focuses on the little butterflies flitting about the flowers. They're so light and playful. And they certainly know how to be in the here and now.

Moon lies on his back and looks up at the puffy clouds. They float by with no cares or worries. They're not afraid to change shapes or direction. They just flow along easily with life.

It's really interesting because you realize that when we are focused on one thing, we become totally absorbed in the moment. We are not thinking about anything else, not worrying about the past or the future. We are simply enjoying the experience of being in this very moment and being able to witness feelings and sensations.

Now sitting outside around the small warm campfire, we learn that mindfulness is a skill we can use all the time, just by being aware and fully focused in the moment.

Molly and Moon smile at you. They are so happy to have met you. They tell you to come back to their mindfulness cabin any time you'd like.

When you're ready, give your body a big stretch and open your eyes.

