

Guided Meditation

"Bubble Blower Magic"

Today we will imagine using a magical bubble blower to blow away any worries or sadness.

When you're ready, get into a comfortable position. Close your eyes and take in a very deep breath.

Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can.

Now, exhale and release it all. Just relax into the present moment. You might notice your belly fill up and then flatten back down as you let the breath out.

Let's do that again now... inhale fully and make the balloon any color you want.

If your mind wanders any time, that's fine. Just come back to your breath and the present moment.

Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose.

They feel so heavy - it's as if you don't even want to move them because they are just so very relaxed.

Allow your body to continue relaxing while we use our imaginations to picture something wonderful.

In your mind, pretend you have just found a big magical bubble blower. It looks like any bubble blower but this one has special powers. It was made from magic... and it is huge!

Now, in your other hand, imagine you have a big bottle of magic bubble soap. Dip the blower into the thick magic bubble liquid. Make sure to get it nice and soapy.

Now you can start to blow through the bubble blower to make your gigantic bubble. As you do this, place any worry or fear you have about anything... into that bubble.

Just put it all in there.

Then continue blowing the bubble until you think it's big enough. Make sure you keep breathing as you fill this bubble in your mind... you don't need to hold your breath.

Nod your head when you have everything in it.

(Wait for nod)

As you finish, watch how a very strong friendly wind comes along and carries your worry bubble far, far away.... it carries it so far away that you will never have to worry about that again.

It's leaving now. Watch as it goes.

You can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away. They just float out into nothingness.

You can use this magic bubble blower whenever you need to... just by imagining it in your mind. I'll be quiet now so you can finish.

If you want to talk about the worries you blew away, I'm happy to listen. If not, you can rest peacefully knowing that those worries are gone, and you don't have to think of them again.

