

# Guided Meditation

## "Flow Like a Jellyfish"

Welcome to our underwater meditation adventure. Sit back or lie down and allow your mind and body to relax deeply.

Let's begin by taking a few moments to focus on our breath. Breathing in and breathing out slowly, you can feel the calm that radiates into each cell.

From the top of your head down to the soles of your feet, let your body sink deeper and deeper into relaxation and rest. You are perfectly safe. And the more relaxed you allow yourself to be, the better the imagination experience.

Envision yourself as a beautiful translucent jellyfish now, floating in the wide, blue ocean. Every time you breathe out, you are gently propelled in any direction you wish to go.

The umbrella-like top of the jellyfish is called the bell. You take in a deep breath to begin as if you're gathering strength, and then you blow out slowly and strongly. Use the muscle in your bell to send yourself up toward the warmth of the sun.

You are a kind, happy, and loving jellyfish. You aren't harmful to anyone.

Jellyfish are unique. Some are seven feet long. Some are upside down. Some are called Moon Jellies. Some are called Box Jellies. There are many kinds of jellyfish. Just as there are humans who look different from one another, so do jellyfish.

Now take a moment and just imagine yourself floating with the ocean current. You don't have any place to be or anything to do. So you're happy and peaceful to just go with the flow.

You don't even have to seek out food. You simply eat whatever gets trapped in your tentacles, just like jellyfish do. You can float down toward the sand or to your favorite place in the sea.

It feels so good just to relax and to float along without a care in the world. There's no need to worry about anything.

No one is watching and you can move your whole body back and forth and in any way you choose. Your whole body is free to sway and move. Your mind is at rest.

You feel at one with the entire ocean and all the living things within it.

Feel the connection to this magical place where so many things work together in unknown ways that are hidden to most. But you see, and you feel that oneness with all.

You can stay here as a gentle jellyfish for as long as you like. Or you can come back to visit this ocean in your mind any time.

When you're ready, take in a deep breath. Bring your attention back to the room and give your body a stretch. Keep this feeling with you throughout your day!

