

Guided Meditation

Figure 8 Breathing Meditation

Let's quiet our minds and settle in now. Close your eyes, and take in a deep breath. Then let it out slowly.

As you breathe out, let go of any worrisome thoughts. Breathe in peace and calm deep into your belly. Let that peace expand out to every place in and around you.

As you breathe in and breathe out, feel the peace travel to your entire mind and body. Feel it reach the top of your head and flow down to the very tips of your toes.

Now, we will simply relax here in this moment and focus on something called the mindful breath.

Imagine there's a big number 8 that gently aligns with your entire body. The middle of the eight meets at your belly button.

(Read this part slowly so your child follows the movement of the breath)

As you inhale, feel the breath flow up through your head, down the back of your throat, and down your back. Feel how it crosses from your lower back, heading toward your belly button, down through the tops of your legs to your toes.

And as you breathe out, that breath flows to the back of your feet, traveling up your calves and back of thighs and crossing at your belly button level again up to the front of your chest and flowing up to your head.

See the figure eight as best as you can. Any way you see it is perfectly okay.

Breathe in, feeling the pattern, and breathe out.

Again, breathe into the 8 pattern, and breathe out.

Notice the pause in between the breaths. Can you let go of any extra worries here?

Breathe in.

Breathe out.

Notice the circular feeling between the in and the out breath cycles.

Breathe in.

Breathe out.

Feel the flow, the power of your breath.

You can imagine this as slowly or as quickly as you like. But make sure you can see the breath flow in the figure eight pattern in your entire body. It's okay if it takes more than one breath to do this.

The more you practice, you might be able to feel the full pattern in just one in and out breath. Imagine the breath as energy – creating a beautiful colorful flow throughout your body.

There is power in our breath, especially when we direct it with intention. We can use the figure eight visualization whenever we need to refocus ourselves, clear our mind, or replenish our energy and clarity.

This is the magic that is contained within our breath. You can do this whenever you like.

Now, let's take one more big belly breath in and out.

You've done an amazing job. Open your eyes when you're ready.

