

Guided Meditation

"Enchanted Fall Forest"

Gently close your eyes and take in a nice deep breath. Feel how your belly expands when you breathe all the way in. And then breathe out, making sure you release all that air.

Allow your body to relax more and more with each deep breath. Notice how peaceful you become with this deep breathing.

Feel how all of your muscles begin to relax. You feel good and loose and so very relaxed.

Continue to breathe normally now as we take a journey into an enchanted forest in our minds.

Imagine yourself now, walking down a well-worn path in a beautiful forest. The trees have changed their leaves and now you see an amazing display of colors – gold, red, orange, and speckles of green. It's the most beautiful, enchanting fall forest you've ever seen.

Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. The coolness tickles your nose and ears. All of your senses are engaged. It feels so very wonderful to be out here, in nature, enjoying the beauty of this place.

As we continue our forest walk, in the distance you hear a waterfall. You curiously head toward the rushing water sound. As you come to the path's end, you see the rushing stream. You see the most beautiful free flowing waterfall right in front of you. The sun glints off the water, casting bright spots and little rainbows everywhere.

Sit down for a while and enjoy the spectacular scenery.

Listen as the water flows against the rocks.

(pause to allow your child to imagine the scene more deeply)

Here, any stress or worries you might be feeling are washed away. The sound of the waterfall rushing down clears your mind and carries away frustration and difficult thoughts.

Allow the sounds and that powerful fresh water to wash any worries away... just let them go.

You may notice that you're feeling calm and relaxed here. This magical fall forest is a special place just for you. You can come back here at any time to calm your body and mind. You can let go of any worries or stress.

You know that everyone worries sometimes. It's normal and part of being a human. And now you know a new way to deal with those feelings.

Anytime you want to relax and find peace, you can come back to this enchanted forest in your mind.

Just picture yourself here. This calm, peaceful place by the forest waterfall invites you to wash away your worries or problems anytime.

You feel so content and refreshed now. You can feel fresh energy entering your body and invigorating you completely.

You've done a terrific job today. Now, you can just drift off into wonderful, deep sleep for beautiful dreams and a very peaceful night.

Goodnight, and sweet dreams.

