

# Guided Meditation

## "Flow Like a Jellyfish"

We're going to explore the ocean, where amazing sea creatures live and everything moves in a peaceful rhythm. First, let's sit back or lie down and let your body begin to relax.

Let's begin by taking a few moments and focus on our breath. When you slowly breathe in through your nose and release that breath slowly, you will begin to feel a sense of calm that radiates into every cell of your body.

Breathe in deeply and fully... and breathe out slowly and completely. Breathe in peace and calm. Breathe out any tension or thoughts that don't need to be here right now.

Now imagine that you're slowly turning into a gentle sea creature... soft and light... free and flowing. You are becoming a jellyfish. You feel so graceful, glowing, and peaceful.

Envision yourself as a beautiful, translucent jellyfish floating in the wide, blue ocean. Every time you breathe out, you gently move through the water, drifting in any direction you choose.

The umbrella-like top of the jellyfish is called the bell. As you breathe in, it's like you're gathering gentle energy. And when you breathe out, you push the water with your bell and float upward toward the sunlight.

Your body is smooth and silky. You can see light passing through it. Long, wavy tentacles drift beneath you like ribbons.

You are a kind, happy, and loving jellyfish. You don't harm anyone. You simply float and enjoy the rhythm of the sea.

Jellyfish come in many shapes and sizes. Some grow as long as seven feet. Some drift upside down. Some are called Moon Jellies. Others are Box Jellies. Just like people, every jellyfish is unique.

Now take a few quiet moments to simply float. Let yourself drift gently with the ocean current. You are safe. You are strong. You are at peace. There's nowhere you need to go and nothing you need to do. So you simply go with the flow.

You don't even have to look for food. It gently comes to you, just like it does for jellyfish. You can float down toward the sandy bottom or visit your favorite spot in the sea.

It feels so good to relax and sway without a care in the world. You know everything is okay. Picture yourself now, dancing freely and joyfully as a jellyfish.

No one is watching, so you can move however you want. Let your whole body sway and ripple in the water. Your mind is calm and quiet.

You're enjoying this peaceful moment, feeling like you're part of something magical. The ocean around you feels alive. You are connected to it. You are part of the harmony and flow.

You can stay here as long as you like. And remember, you can return to this underwater world anytime, just by using your imagination.

When you're ready, take in a deep breath. Gently bring your attention back to the room while keeping this feeling of calm and connection inside you.

Open your eyes when you're ready. Give your body a nice stretch and notice how peaceful you feel.

