

Guided Meditation

Magical Balloons to Lighten a Heavy Load

Take a slow breath in... and gently let it out.

Notice how your body feels right now. Can you feel the ground beneath you?

Sometimes the world can feel very heavy. Maybe you noticed something that didn't feel safe or kind. Something could have happened at school or you heard something scary on the news. Or maybe your heart just feels extra full of big feelings today.

It's okay to feel this heaviness. Every person feels it sometimes.

Let's imagine all those heavy feelings are like rocks you've been carrying in a backpack. The backpack might feel like it's getting too heavy for your shoulders.

Now place both feet flat on the ground. You can stand up or stay sitting, as long as your feet can feel the floor or the earth holding you up. This is your strong place.

Now, imagine opening up that heavy backpack.

You can take out each rock - each worry or sad feeling - and look at it with kind eyes. Maybe one rock is shaped like a hard moment at school... or a worry about someone you love.

How would it feel to put down some of these rocks for a little while?

You don't have to throw them away, especially if they feel important. But you CAN put some of them down.

Are there any you'd like to stop carrying altogether?

Imagine setting those rocks down gently. Feel the space they leave behind.

Now, for the rocks you still need to carry - imagine tying each one to a magical balloon. These aren't ordinary balloons. They shimmer with soft light and change colors to match your feelings. Some sparkle like stars. Some glow like the moon.

Each one is a helping balloon. They don't take your feelings away, but they help make them lighter to carry.

Take a deep breath in... and as you breathe out, feel your shoulders becoming a little lighter.

The world may still have heavy parts, but you don't have to carry all of it by yourself. There are always helpers working to make the heavy things lighter.

Place your hand on your heart and feel it beating. Your heart is strong, even when it feels sad or tired sometimes.

Just like the sky has both clouds and sunshine, the world has both heavy and light moments. And the clouds always move on, making space for the sun.

Take one more deep breath in... Now gently let it go. We can stay here with the magical balloons for as long as you like.

When you're ready, gently wiggle your fingers and toes... and open your eyes.

And remember, you are never alone with the heavy things. You can come back to this balloon practice any time your backpack feels full again.

And it's always okay to ask for help when you need it.



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