

Guided Meditation

The Well of Good Things

Let's get good and comfortable as we settle in to use our imagination.

Now, we're going to try something comforting called the butterfly hug. Cross your arms over your chest, like you're giving yourself a big hug. It doesn't matter which arm is on top.

Now, gently and slowly tap your opposite shoulders — left shoulder, right shoulder, left shoulder, right shoulder — like a slow, steady drum. You can go at your own speed. There's no rush.

[Pause for tapping]

As you tap, notice your breath. Does it feel slower? Calmer? Maybe you feel a little warmer inside. That's your body saying, "I'm safe. I'm okay."

When you're ready, just let your arms rest gently in your lap or at your sides.

Now, imagine you're standing in a quiet, peaceful place. Maybe it's a garden, or a forest, or somewhere that feels safe to you. The sun is warm on your skin. You can feel a gentle breeze.

And right in front of you, you notice something beautiful: a well.

It's made of smooth, cool stone. Maybe it's covered with soft moss, or climbing vines with tiny flowers. It's been here for a long time, and it always will be here.

Walk closer to it. You can touch the stone if you want. Feel how cool and solid it is under your hands.

Now, look down into the well. Deep, deep down, you see clear, fresh, beautiful water.

But this is more than just water. It's everything you need.

It's comfort when you feel sad, and calm when you feel worried. It's joy when you want to play. It's answers when you have questions. It's the knowing that you have what it takes to create and build the life you want. It's also love and safety. It's the part of you that always knows you'll be okay.

And here's the most important thing: this well never runs dry. No matter how much you might need to take from it, it's always there. It's always full.

You always have what you need inside you.

Reach down and cup your hands. Feel the cool water. You might splash it on your face, or drink it, or just let it run through your fingers.

Now, here's something magical: whenever you notice a time when you feel like something is missing — maybe you feel scared, or lonely, or like you don't know what to do — you can remember your well. You can come back here, anytime, anywhere.

And when you visit, you can ask it: "What do I need right now?" And the answer is already here.

[Pause]

Now, take a deep breath in... and slowly out. Feel your body again. Feel where you're sitting or lying down. Wiggle your fingers and toes gently.

When you're ready, you can open your eyes. Remember: your well is always there. Whenever you need to feel safe, or calm, or joyful, or brave, you can visit it. It's yours. It's always been yours.

You have everything you need inside you.

