

FLUFFY CLOUD

Find a comfortable seated position. If you would like, rest your head on your hands. Allow your eyes to close, or look towards the ground. Take a couple of slow, gentle breaths as you begin to relax.

PAUSE FOR ONE SLOW BREATH

Now imagine you are floating on a soft, fluffy cloud. You feel all warm and safe nestled into your cloud as it cradles your body like a hammock. Use your imagination and visualize your cloud. What does it look like? Picture its size and shape. Picture its color and shade. Imagine where it is in the sky. Is your cloud high or low in the sky? Is it by itself or are there any other clouds surrounding it?

PAUSE FOR ONE SLOW BREATH

As you float on your fluffy cloud, I invite you to try something with me called the 4 to 8 breath. We will inhale for 4 seconds and really fill our lungs up all the way. Then we will slowly exhale for 8 seconds. Go ahead and release all of the air from your lungs until they are completely empty, and

inhale for 1, 2, 3, 4. Exhale for 1, 2, 3, 4, 5, 6, 7, 8. Inhale, 1, 2, 3, 4. Exhale 1, 2, 3, 4, 5, 6, 7, 8. Continue breathing with full, deep inhales, and slow, relaxing exhales. On each exhale, relax a little deeper into your fluffy cloud.

PAUSE FOR ONE SLOW BREATH

Visualize your cloud again. What can you see from your cloud? Do you see the sky, or perhaps more clouds? Is it day or night? Warm or cool? What colors are around you? Imagine you are safe and sound, floating in this fluffy cloud with nothing more important to focus on than your relaxing breaths.

PAUSE FOR ONE SLOW BREATH

As you inhale, soften your belly and feel it rise. Slowly exhale and allow the breath to calm your body. With each breath, you feel a little more relaxed. Your body feels heavier. You are safe and comfortable floating in your cloud.

PAUSE FOR ONE SLOW BREATH

Where has your cloud taken you now? Are you moving

quickly, slowly, or floating in one place?

Are you rising higher, or sinking lower towards the ground? Are there other people around you? People you care for and trust? Or are you alone? Allow your mind to explore and create details that make this place feel calm... peaceful... beautiful... so that you can feel content and completely relaxed.

PAUSE FOR ONE SLOW BREATH

We'll try one more 4 to 8 breath now. Release all of the air from your lungs. Inhale 1, 2, 3, 4. Exhale 1, 2, 3, 4, 5, 6, 7, 8. Take a couple more relaxing breaths and feel the relaxation spread all over your body... from your head to your toes.

PAUSE FOR TWO SLOW BREATHS

Slowly come back to the present moment. Feel the ground beneath your feet. Hear the sounds in the room around you and beyond. When you feel ready, open your eyes.