

PEACEFUL STREAM

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

Imagine you are beside small, gentle stream. Smaller than a river, but with water that flows steadily for miles and miles. Imagine you are safe on the side of this stream. Close enough to see the water. It's clear straight through to the bottom. You see smooth pebbles and rocks, and even a few tiny fish swimming with the current. Breathe in and feel warm sunshine on your skin. Breathe out as a cool, gentle breeze flows by. Allow your body and mind to relax.

PAUSE FOR TWO SLOW BREATHS

Imagine the rest of the scenery around you. Maybe there trees and

open spaces with wild flowers. Or maybe you are in a yard with a tall fence protecting you from the outside world. Imagine a place where you feel safe and relaxed while you watch the water flow by.

PAUSE FOR ONE SLOW BREATH

As you relax, gently focus your attention on your breath. Soften the muscles in your belly so you can breathe in deeply, and then slowly breath out any tension or stress you may be feeling. Breathe in deeply... and breathe out slowly.

PAUSE FOR TWO SLOW BREATHS

It's easy to become distracted during relaxation times. Thoughts may pop up about past memories, things we did today, or things we need to do later. Imagine any thoughts that pop up are like small fish in the stream. Notice them, and then allow them to swim down the stream with the current and far, far away. Redirect your attention

back to your slow, relaxing breaths.

PAUSE FOR ONE SLOW BREATH

Inhale deeply... and exhale slowly.

PAUSE FOR ONE SLOW BREATH

Notice if you are experiencing any uncomfortable feelings in your body. It could be a tightness in your chest, a sad or angry feeling, or maybe a head ache. If you are feeling any discomfort, breathe in deeply, and as you breathe out, imagine those feelings flowing out of you and far, far away with that cool breeze. Bring your attention back to those relaxing breaths.

PAUSE FOR ONE SLOW BREATH

Breathe in deeply... and breathe out slowly. Every time you exhale, relax a little more.

PAUSE FOR ONE SLOW BREATH

One last relaxing breath, and when you feel comfortable, open your eyes.