

STARRY SKY

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

PAUSE FOR ONE SLOW BREATH

Soften your belly for a full, deep inhale.... And slowly exhale away any stress or tension in your body. Relax your face, your neck, your shoulders. Relax your arms and hands. Your legs and feet. Enjoy a heavy, relaxed feeling in your body as you exhale away any remaining discomfort.

PAUSE FOR ONE SLOW BREATH

Now imagine that you are looking at a large, beautiful sky just before sunset. In the distance you may see snowy mountains, an ocean, or just a peaceful, grassy plain. You are in a safe, peaceful place. Perhaps you are inside of a warm, cozy cabin, or you could be outdoors where you can smell the fresh, crisp mountain air. Take a moment to create an ideal place in your mind to relax and watch the sunset.

PAUSE FOR ONE SLOW BREATH

Breathe in deeply... and exhale slowly. You are in your safe place. It is still light out, but the sun begins to dip below the horizon. Beautiful streaks of bright orange and pink shine low in the sky. Higher in the sky the last remnants of blue fade into a deep indigo color. You admire the changing, blending colors of the sunset as you take a couple more relaxing breaths.

PAUSE FOR ONE SLOW BREATH

Inhale deeply into a soft belly.... Exhale slowly into a deeper state of relaxation.

PAUSE FOR ONE SLOW BREATH

You enjoy a peaceful feeling while you watch the sky darken. The air around you is still and calm. In the distance, you can see the indigo and purple tones in the sky growing darker, fading to a gentle black with small dots of light. You see the first stars begin to appear. First one star... and then another... and another. Imagine them shiny like tiny diamonds across a velvet sky. Take a couple of relaxing breaths as you

watch the night begin.

PAUSE FOR ONE SLOW BREATH

Breathe in deeply... exhale slowly and completely. With each breath, you become more relaxed.

PAUSE FOR ONE SLOW BREATH

Now the sky is jet black. Out here, away from the city lights, the stars are amazingly bright. You've never seen so many stars. The sky is filled with stars from one side to the other, like a vast expanse as far as you can see in every direction. See the constellations formed by the stars. The sky reminds you of a beautiful, glimmering blanket of stars stretching up in a complete circle around you from every horizon. Admire the starry sky... Feeling very calm... relaxed... and at peace.

PAUSE FOR ONE SLOW BREATH

Take one last relaxing breath, and begin to come back to this room. Notice the sounds in this room and beyond. Open your eyes.