

FLOATING ON A 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

As you inhale, gently let your lungs fill all the way up. Then slowly release all of the air from your lungs. Try to let your exhales last longer than your inhales.

PAUSE FOR ONE SLOW BREATH

Now imagine you are floating on a soft, fluffy cloud. Feel the surface beneath you becoming softer... more like a cloud. Feel the cloud rising out of the surface you are on... surrounding you in its protective support. Soon you are floating on just the cloud.

PAUSE FOR ONE SLOW BREATH

As you relax on the cloud, we'll try a breathing

technique to help you relax more. It's called the 4 to 8 breath. We will inhale for 4 seconds, and exhale for 8 seconds. With each exhale, you can let go of any tension or discomfort in your body. Go ahead and release all of the air from your lungs. Inhale for 1, 2, 3, 4. Exhale for 1, 2, 3, 4, 5, 6, 7, 8. Inhale for 1, 2, 3, 4. Exhale for 1, 2, 3, 4, 5, 6, 7, 8. Continue this slow, relaxing breath.... Relaxing into your cloud more with each exhale.

PAUSE FOR ONE SLOW BREATH

Imagine the cloud beneath you rises slightly higher. As you relax, your body feels heavier. The cloud is like a soft blanket holding you... protecting you. Visualize the wall and ceiling around you disappear. See the sky above you and around you. Perhaps it's a beautiful, sunny day. Or maybe a peaceful, starry night. See the sky expand around you, and create a

place in your mind where you feel calm... safe... content.

PAUSE FOR ONE SLOW BREATH

Continue floating on your cloud... relaxing. Imagine wherever it is you would like to go. Your cloud can take you there. Maybe you want to float above the mountains, drifting above their rocky peaks. Or perhaps you would like to drift along the coast of the ocean, watching waves roll onto the shore. You can travel anywhere you wish. Enjoy the peaceful journey you have created in your mind.

PAUSE FOR TWO SLOW BREATHS

Whenever you need to relax, you can take a few breaths and come back to this peaceful cloud. It will be here for you when you want it. Now we will come back to the present moment, but keep the relaxation we feel now. When you are ready, open your eyes.