



Butterfly - Guided Meditation

Gently close your eyes and take a deep breath in.

Feel the fresh air as it fills your tummy like a big balloon blowing up...and then slowly exhale. Let's repeat this a few times. Inhale filling your tummy like balloon...and exhale letting all the air out X5

Your beginning to feel more and more relaxed with every breath you take.

Slowly you start to feel your body feeling as light as a feather.

Your legs are so relaxed that it feels like they are floating. Your arms are so relaxed that they also feel like they are floating. Your whole body is sinking deeper and deeper into a relaxed state that you begin to feel the wind stroking past your face.

Imagine that you are a beautiful butterfly, soaring high up in the sky.

You feel your soft wings gliding through the air. Your beautiful colours shimmer as the sun reflects off of them.

You are completely at peace.

Your wings softly flutter open and close, your breath moves in and out like a harmonious wave.

The fluffy clouds beside you are so soft.

You feel the wind brush past you sweeping away any worries you may have. They fall away from your body.

You are completely at peace.

As you take a look around you notice the birds flying along with you.

Looking down you see the fields of crops growing full in the beaming sun.

Different colours of green and yellow fill your vision as you see the rolling hills of the land below.

It is so calm in the sky.

You are completely at peace.

Stretching your wings out to the side you take a deep breath in, and as you exhale you hug your wings around your body giving yourself a nice big hug.

Remember that this peaceful place is here for you whenever you need it. Just close your eyes and soar high up into the sky with your bright big butterfly wings.

When you are ready, slowly open your eyes.

