



Warming Fire - Guided Meditation

Take a deep breath in and a slow breath out. A deep breath in and a slow breath out... and begin to close your eyes.
4, 3, 2, 1...

Imagine the fire place beside you.

You see the wood stacked up tall and the flames weaving in and out of the kindling. Fiery colours of red, orange and yellow fill your mind...

4, 3, 2, 1...

You hear the crackling sound of the fire beside you. The sounds are so soft and soothing to your ears. It feels as though the fire is playing a song just for you...

4, 3, 2, 1...

You smell the scent of the firewood burning. It calms your nasal as you breathe in all the wonderful smells. Your breath moves in and out effortlessly...

4, 3, 2, 1...

You taste the sweet burning wood on your tastebuds. It's a taste you remember and one that makes you feel calm and peaceful...

4, 3, 2, 1...

You feel warmth of the fire beginning to warm the entirety of your body. It begins at the tips of your toes and rises all the way up to the top of your head. The warmth calms your body and you sink deeper and deeper into the ground beneath you. It feels so good that you allow a subtle smile to appear.

4, 3, 2, 1...

Take a deep breath in and a slow breath out.
Begin to come back into your body by wiggling your fingertips and wiggling your toes.
Stretch your arms up over your head...
and gently open your eyes.

