

FINDING A SPECIAL FRIEND

Listen to your breath for a few moments and let your body feel heavy and relaxed.

Imagine that you are sitting by a lake, the sun is shining and the water is beautiful and still. You realise that you are not actually alone, and that someone is beside you. You feel very comfortable with them next to you – they might be a friend, someone you have known for a long time, an older person, or even a special animal that you love. Whoever you chose leads you over a bridge to a quiet little cave and sits down and asks you to tell them about yourself. You may have a special question that you want to ask them and you need to listen closely to the answer to your question.

Your special friend tells you that you can return to see them at any time with any question. You thank them and say goodbye and travel back from the bridge to the lake. Notice how you feel as you walk back to where you were sitting.

I will now count to 10 and on 10, please open your eyes slowly.