

## ENCHANTED FOREST

Gently close your eyes and take in a nice deep breath.

Do this several times and allow your body to relax more and more with each breath. Notice how all your muscles begin to relax and feel good.

Continue to breathe normally now as I guide you on this marvellous adventure!

Imagine yourself walking down an old path in a beautiful forest. The trees have changed all their leaves and you can now see an amazing display of colours – gold, red, orange and speckles of green. Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. Its coolness tickles your nose and ears. It feels so amazing to be out here, in nature, enjoying its beauty.

In the distance you hear a waterfall. You carefully walk towards the trickling sound of water. As you come to the path's end, you see the rushing stream. You see the most beautiful white waterfall right in front of you.

It's looks as if wet sunshine is cascading down onto large rocks. The sound of running water relaxes you. The water feels pretty cold. Soon there may even be snow.

Take a deep breath as you take in the spectacular scenery.

Listen as the water pounds down on the rocks.

Here, any stress or worries you have seemed to be washed away for good. The sound of the waterfall dripping down makes you relax more. It clears your mind and washes away any frustration and difficult thoughts.

Allow the sounds to wash any worries away.