

MAGIC CARPET RIDE

Get comfortable, close your eyes and imagine a colourful magic carpet underneath you. This magic carpet is the most beautiful carpet in the world. Someone took great care and love in making this very special magical carpet just for you.

Reach down and touch the smooth texture of the brightly coloured carpet. It's so soft! Now, wrap your hands around the two tassels that hang down on the front corners. As you do, notice the tassels tighten and stick straight up like handles.

The magic carpet starts off softly... making sure you feel safe and comfortable. The magic carpet gently sways and sweeps up now and makes you giggle with delight!

It takes you up into the sky, higher and higher, up to the pillow soft clouds. It's wonderful to be here... feeling free and completely relaxed. You can breathe clearly here. You inhale deeply and exhale slowly.

Your body feels wonderfully clear and the air is so pure and light.

Look down and see the beautiful green grass below you. The trees appear to be waving at you while the wind blows them to and fro. You see fields of crops and houses that look quite tiny from all the way up here.

You begin to let go of any worries. Any problems or difficult thoughts seem to vanish. You leave them all far behind as you relax and enjoy your magical carpet ride. This is an amazing adventure. Feel as the carpet swoops and turns... you can go as fast as you want and have more fun still. Glide with the carpet and know that you are in full control – going faster or perhaps slower, whatever you prefer! Make sure you enjoy your ride.

Now when you feel ready, take in a deep breath and glide your magic carpet back down on the ground.

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