

PEACEFUL BUTTERFLY

Close your eyes and take in a nice deep breath.

Allow your tummy to fill up like a balloon, and then exhale slowly.

Your whole body begins to feel deeply relaxed. Your legs and arms begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word.

Now as your body relaxes, imagine you're a beautiful butterfly flying high in the sky. You see the lovely green valley below you with lots of colourful flowers, just waiting for you to enjoy.

The wind blows against your wings. As it touches you, it gently blows away any of your worries or stress.

Your mind is clear and calm. You are completely peaceful. You feel beautiful as you allow your true happiness to shine through.

The sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

You spread your wings in a huge stretch. It feels wonderful. Your body and mind are calm and peaceful.

You can fly around as long as you like – exploring or just floating gently with the wind.

Take in a deep breath now and exhale slowly.