

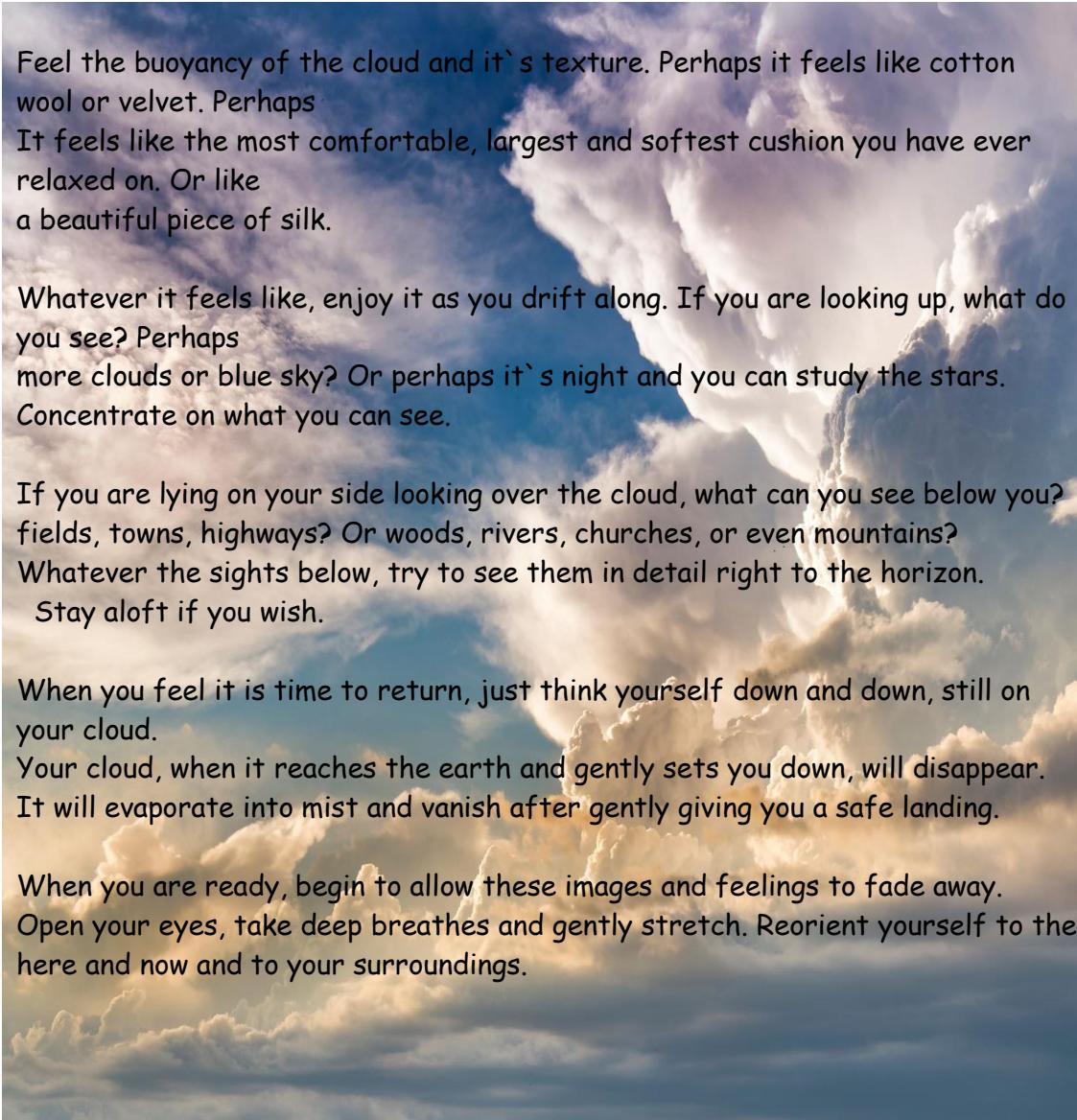


UP IN THE CLOUDS

Ask an adult to read this to you in a calm voice or you can read it to them!

- 1 Either sit or lie down. Be comfortable. If sitting, make sure your shoulders are relaxed and hands are resting in your lap. Allow yourself a few moments to settle down.
- 2 Close your eyes and breathe deeply in and out three times.
- 3 In your mind's eye, visualise a pleasant, simple room, light and airy. You are sitting in this room.
- 4 Be aware of the window.
- 5 Now feel yourself floating peacefully out of this window.
Remember it is your mind that is doing all the work and so it can let you do anything, even passing through windows.
- 6 So now you are out-side and you can see what a lovely day it is, warm sunshine. Notice the sounds and smells - bees buzzing, birds singing, a light breeze.
- 7 Notice there are fluffy seed heads drifting around. Some are floating higher in the warm air, drifting, floating upwards, caught in the warm, upward rising thermals.
- 8 As you watch them, your gaze is directed upwards, notice the white, soft looking clouds drifting along above you.
- 9 Now you can feel yourself lifting off, leaving the ground and floating higher and higher, so gently and gradually that you feel perfectly safe supported and held by the warm thermals of upward moving air. It all feels So natural because you are a part of it all.
- 10 Above you are the clouds. Soon you will reach them. As you draw nearer then level, have a look to see which one you like best and which you think will be the most comfortable.
- 11 When you've decided, make yourself at home on it. You can lie on your on back looking at the sky above or lean over and look at the earth below.



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- 12 Feel the buoyancy of the cloud and it's texture. Perhaps it feels like cotton wool or velvet. Perhaps
It feels like the most comfortable, largest and softest cushion you have ever relaxed on. Or like
a beautiful piece of silk.
 - 13 Whatever it feels like, enjoy it as you drift along. If you are looking up, what do you see? Perhaps
more clouds or blue sky? Or perhaps it's night and you can study the stars.
Concentrate on what you can see.
 - 14 If you are lying on your side looking over the cloud, what can you see below you?
fields, towns, highways? Or woods, rivers, churches, or even mountains?
Whatever the sights below, try to see them in detail right to the horizon.
Stay aloft if you wish.
 - 15 When you feel it is time to return, just think yourself down and down, still on your cloud.
Your cloud, when it reaches the earth and gently sets you down, will disappear.
It will evaporate into mist and vanish after gently giving you a safe landing.
 - 16 When you are ready, begin to allow these images and feelings to fade away.
Open your eyes, take deep breathes and gently stretch. Reorient yourself to the here and now and to your surroundings.

Written by my Mrs Ward's Mom for you x

