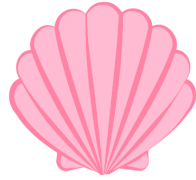


THE MAGIC SHELL



Imagine that you are standing on a beach. Visualize the beach in your mind. Can you feel the sand beneath your toes and the warm sun on your face? When you look around, you can see the vast, silvery-blue ocean, and the sunlight sparkles like tiny stars dancing on the surface. In the sand is the most beautiful shell that you have ever seen. When you pick it up, it feels warm.

Imagine you are holding the shell. What does it feel like? Is it smooth or rough? This is now your magic shell, and you can tell it your secrets, and it will keep them.

You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you. The shell always wants to hear your fears, no matter how big or small they may be. So whenever you have worried feelings, you can tell your shell about them, and it will magically take those uncomfortable feelings and turn them into good ones.

In your mind, silently tell your shell whatever you wish. No one else will know what you say. Only you and your shell! As you say your words, they go right into the middle of the shell so that it can take them away for you. Could you take a moment to talk to your shell?

How do you feel now? The shell has made them disappear. Just like magic!
They are gone!

As you hold your shell close, you all feel calm and happy. You feel peaceful all the way from the tips of your toes to the end of your nose. Feel it right now. Notice how it feels.

You can imagine your shell whenever you wish to make bad thoughts and feelings disappear, whenever you want to feel calm. Your shell will always be there waiting in your imagination.

Next time you visit the beach, you can always look for your own real magic shell. Just choose the shell that feels right for you; this will be the magic one.



NECK AND SHOULDER AWARENESS



Sit comfortably and breathe in and out slowly. This exercise aims to notice how each part of your body feels.

Start at the top of your head. Can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you think of your hair tie?

Start to make your way down to your shoulders. Can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Next, do a few necks stretches, turn your head to the left and slowly to the right.

Breathe in and out, and repeat until you feel calm again.



HANDS AND TOE AWARENESS



1. Clench your fist. Imagine you are holding a lemon and trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly ten times.

2. Rub both hands together quickly, and feel the friction between your hands. Can you feel the heat? What else can you feel?

3. Place both feet flat on the floor. Wiggle your toes. Feel the sensation. Curl your toes, uncurl your toes. Repeat ten times while trying to curl one toe at a time.



BLOW YOUR WORRIES AWAY



Close your eyes and take in a very deep breath. Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can. Now, exhale and release it all. Just relax into the present moment. Do it again, inhale fully and make the balloon any color you want. Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose, all relaxed.

Allow your body to continue relaxing while you use your imaginations to picture something wonderful!

In your mind, pretend you are pulling a big magical bubble blower out of your pocket. It looks like any bubble blower but this one has real magic in it. It has been small, but now you realize it becomes enormous!

It's bigger than any bubble blower you've ever seen. Now, in your other hand, imagine you have a big bottle of magic bubble soap. Put the blower into the thick magic bubble liquid. Make sure to get it nice and soapy. Now you can start to blow through the bubble blower to make your gigantic bubble. As you do this, place any worry or fear you have about anything... into that bubble.

Just put it all in there. Then continue blowing the bubble until you think it's big enough. As you finish, watch how a very strong friendly wind comes along and carries your worry bubble far, far away... it carries it so far away that you will never have to worry about that again. It's leaving now. Watch as it goes.

You can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away. They just float out into nothingness.

You can use this magic bubble blower whenever you need to... just by imagining it in your mind. I'll be quiet now so you can finish.



FULL BODY STRETCH



Stand up straight. Place both feet shoulder-width apart.

Find your balance.

Slowly stretch your arms up high; imagine you are trying to touch the sky.

Stretch so high that you have to stand on your tippy toes.

Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

Relax for 10 seconds.

Repeat ten times or until you feel calm again.



FLOATING DOWN A STREAM



Imagine in your mind that it's a beautiful day outside with the sun lighting everything you see.

You are at a stream. You dip a toe into the stream and step into it, feeling the cool water touch your warm skin. The sunshine makes you feel so good inside. You jump up on your board to float down the stream and begin your lovely, calming ride to the end of the stream.

As your board takes you lazily down the stream, you decide to put your fingers into the water. You allow them to glide back and forth in the water to make circles and swirl around your fingers as you continue floating down this cool, calm water.

You think about how amazing life is and feel calm and content like this calming stream. You might find yourself incredibly thankful for this day. Each day is different; you feel happy because life is an adventure.

Some days go by in a flash. Some days are slower and more relaxed. You remind yourself that you are thankful for it all. You know that each day is unique and different, and by being grateful for each day, life keeps improving.

As you continue down the stream, you take in your surroundings and find that you are grateful for everything you see and so often take advantage of. The green trees are breathtaking, the birds are chirping and singing, and the air is clean; you are thankful to be here and alive now.

Life is full of mysteries, surprises, and unknowns. But right here, right now, is where you need to be.

I am just enjoying this beautiful, peaceful moment.



TAKE 5 BREATHING



1. Stretch your hand out.
2. Get the pointer finger of your other hand ready to trace around your hand.
3. Trace your finger around each finger on the other hand slowly.
4. While tracing, breathe in through your nose and out your mouth.
5. Keep going until you have traced around your whole hand.
6. Keep repeating until you feel calm again.



YOU ARE LOVED



Imagine that you are watching a movie. On the screen, you see images from your own life. You see, whenever you did something kind for someone. You also know that every time someone does something nice for you.

Remember a time when you did something nice for someone else? What did you do? Why did you do it? How did it make you feel? How did it make them feel? It is nice to make other people happy; this also brings us joy.

Now think about a time when someone helped you. Think how good it felt to know that someone was there for you. What did they do? Why do you think they did that for you?

Feel all those wonderful good feelings come rushing back to your heart! Remember how happy you were and how wonderful you felt!

All these beautiful feelings you experience are because you love and are loved in return.

Love is about caring for others, doing nice things, expressing gratitude, and showing kindness and patience. Inside of us, we are all that – simply LOVE!

Think about all the people in your life. Your friends, family, and other important people you are your life with. How do they show their love for you?

Remember, everyone shows their love differently.

Did they tell you that they love you? Do they show you affection? Do they listen to you when you talk? Do they help you? Do they buy you things?

How do you show your love for others?

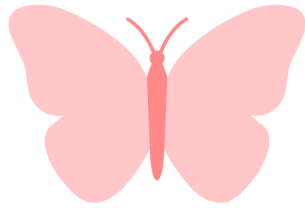
Remember a time when you felt loved. Who was it? What happened? Remember those warm feelings. How can you create this special moment again?

Always remember that you are loved; you are beautiful, memorable, and unique.

Say three times as you breathe in slowly, "I am loved."



THE PEACEFUL BUTTERFLY



Find a comfortable place to sit. Start with your breathing, calm your mind, and slow down your breathing. Breathe in for a count of three and out slowly for a count of three.

Imagine you're a beautiful butterfly fluttering high in the sky as your body relaxes. Then, you see the lovely green countryside below you with lots of colorful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate wings.

As the wind touches you, it gently blows away any worries and stresses you feel. Feel how wonderful it feels to be free. Your mind is clear and calm. You seem to have left any concerns far behind now.

You are entirely peaceful. You are 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.

The earth is a patchwork of color, and you enjoy each moment here, gliding along feeling joyful and peaceful. Then, you spread your wings in a huge stretch.

It feels so good. Your body is calm, and your mind is peaceful.

You can fly around for as long as you'd like – exploring or floating gently on the wind. Take in a deep breath now and exhale slowly. Then, give your body a big stretch.



RAINBOW



First, imagine that red color, traveling over your head, your neck, your shoulders, and down your arms. That red travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm red relaxing all of your muscles.

Next, imagine that orange color.

It travels over your head, your neck, your shoulders, and down your arms. That orange color travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm orange relaxing all of your muscles.

Then, imagine that yellow color.

It travels over your head, your neck, your shoulders, and down your arms. Imagine yellow traveling into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm yellow relaxing all of your muscles.

(repeat above for green, blue, indigo, and purple)

And as that last color travels through your body, the cloud gently floats you all the way down, back to your bed. Remember that you can float back to this rainbow anytime you need to.



FLOATING ON A CLOUD



In this scene, you will imagine yourself floating on a cloud.

Imagine a big white fluffy cloud floating above you.
You gently float up and land lightly on it.

I'd like you to imagine what it looks like.

What color is it?

What does it feel like?

What does it smell like? Does it smell like fresh air, marshmallows, or something entirely different?

What do you think it sounds like?

Can you hear anything in the sky, the wind, rain, or birds?

What is its shape?

This is your special cloud, where you feel safe, accessible, and peaceful.

Your cloud can drift and take you to any place that you wish to be.

Where do you want to go?

What things do you see as you float away?

Just rest in your cloud and enjoy the quiet and relaxation.



FIND THE LETTERS IN YOUR NAME



Find a comfortable place to sit. Start with your breathing, calm your mind, and slow down your breathing. Breathe in for a count of three and out slowly for a count of three.

Start with the first letter of your name.

Could you look around the room and find as many items as possible that start with that letter?

Could you repeat with all the letters in your name?

Which letter had the most items?

Please repeat with your middle and last name until you feel calm again.



COUNTING

Counting will allow you to focus your mind, leading to deep relaxation. During this mindfulness exercise, it is normal for your mind to wander. When you notice your attention drifting, focus again on your breathing. Try to passively accept thoughts that enter your mind and allow them to pass without paying particular attention.

Try counting up to 100.

Sit or lie on your back and count slowly in your mind from 100 to 1; counting backward requires more concentration and will help you stay more focused. Try not to think about other things and stay with the numbers. If you lose your count, start again from 100. If you reach 1, remain in silence for a few more moments.

This is an excellent exercise for developing concentration, and if you can focus enough just to reach one without getting distracted, you will have a beautiful and very relaxing inward experience.

100	99	98	97	96	95	94	93	92	91	90
89	88	87	86	85	84	83	82	81	80	
79	78	77	76	75	74	73	72	71	70	
69	68	67	66	65	64	63	62	61	60	
59	58	57	56	55	54	53	52	51		
50	49	48	47	46	45	44	43	42		
41	40	39	38	37	36	35	34			
33	32	31	30	29	28	27	26			
25	24	23	22	21	20	19	18	17		
16	15	14	13	12	11	10	9	8	7	6
			5	4	3	2	1			



A SLEEPY TRAIN



Imagine you are on a relaxing train ride through the beautiful countryside. You can find a comfortable position and ensure that you won't be disturbed to get a restful sleep.

Begin to let go of all the tension you build up throughout the day. Any worries you hold onto seem to lose their power and intensity as you settle down for the night. Feeling cozy, allow your breath to slow down with each breath you take.

A nice full breath in...and slowly exhale. Letting your breath return to normal now, observe your mind and how it thinks about your life and your day.

Letting images from your life fade now, bring into your imagination that you are walking towards a long train parked along the countryside.

The train's engine has stopped at an old station in the middle of nowhere, and the long train extends into the horizon.

You are walking several sections back, and you notice an open wagon.

You see the workers getting ready to depart, and steam is billowing out from the engine.

You hop on the open wagon and find it is filled with fresh hay.

You hear the train horn blowing and the sounds of distant voices calling, "all aboard."

You lay down in the hay, and it is perfectly comfortable.

As the train goes, you watch peacefully out the wagon. You see the beautiful countryside: the tall green trees, the blue rivers, the birds in the sky.

You can smell the clean, fresh air.

Your eyes become heavy and header to keep open.

You slowly drift off to sleep.



VISUALIZING YOUR PEACEFUL PLACE



Find a comfortable spot.

Could you take a moment to sit back and relax? Gently close your eyes and breathe deeply into your abdomen. Feel yourself in your body right now at this moment. As you breathe, allow your body to completely and fully relax. Stress is flowing out of you with each breath.

Your body is becoming limp and comfortable.

Let the tension in your brow go. Let the tension in your lips go. Let the pressure in your eyes go.

Once you feel completely relaxed and centered, bring yourself to one of your favorite, peaceful, beautiful places. This could be a place you've been to before, like a silent redwood grove with cool shade and towering ancient trees that protect you in their mammoth embrace or a white sand beach where the ocean waves gently lap the shore, and the smell of the sea makes you feel at home. On the other hand, it could be a place built entirely in your imagination, a lovely, slowly swaying bridge that you stand on, watching a babbling brook flow away beneath it, or an ancient oak in the autumn, something out of an old legend, or golden leaves fall around you as you sit under the shade and watch the golden orange sun pass over the horizon into twilight.



FOCUSING ON THE COLORS YOU SEE

The world is full of beautiful colors, and you can practice mindfulness by paying attention to which ones you see in the present moment.

We rely heavily on our sense of sight, making it a powerful tool for cultivating mindfulness.

Sit down in a quiet and peaceful place.

Could you arrive in the present moment?

Red

Create a picture in your mind of the color red. Imagine red of all shades: rubies, grapefruit, red landscape, brick. You can picture any red objects. Imagine all the different tones of red. Roses, apples. Sunset.

Enjoy red and allow yourself to breathe the color red into yourself. Become aware of red all around you, all through you.

Orange

Now you can just allow the color you imagine to change into orange. Think of orange flowers.

Marigolds.

Picture the color orange, all the various infinite shades and tints of orange. All the orange flowers you can think of. All the orange fruits and vegetables: flowers and pumpkins, carrots. Fill the entire visual field of your mind's eye with orange. Orange soothes you and revitalizes you. Enjoy orange.

Yellow

Allow your mind to see the color yellow—powerful, bright yellow. The bright yellow of the "sun glow" above you at high noon. Visualize yellow and see in your imagination; see all the shades of yellow using your inner eye. Allow yellow to fill your vision. Lemons and flowers and fall leaves. Imagine all the endless tones of yellow. Imagine yourself surrounded by yellow. Immerse yourself in a sea of yellow. And allow yellow to support you.

Green

Now let the color you're imagining become green. Fill your imagination with the color green. All the infinite varieties, tones and tints, and shades of green.

Plants, leaves, grass, emeralds, crystals. Just imagine being surrounded by beautiful green.

Everything from the lightest to the darkest. Bright green, subdued green, just green. Green fills you, revitalizes you, and refreshes you.



AWARENESS OF THE FIVE SENSES



Leaving your eyes open, notice five things you can see.

You can say them out loud or silently in your head.

With each of the five sights, pause to take them in completely.

Next, notice four things you can feel in your body.

Please note them out loud or in your head, and rest your attention with each sensation for a few deep breaths.

Name three things you can hear.

Try to choose three different sounds, not the same noise, three times.

Note two things you can smell.

Imagine smelling your favorite items if you cannot smell two things now.

Finally, could you find one thing you can taste?



AFFIRMATIONS

Find a comfortable place to sit. Start with your breathing, calm your mind, and slow down your breathing. Breathe in for a count of three and out slowly for a count of three.

Could you repeat the below affirmations ten times, think about what you are saying, and believe them more and more as you say them?

I am **SMART**

I am **BRAVE**

I am **STRONG**

I can do **HARD THINGS**

I am **LOVED**

I am **IMPORTANT**

I am **CAPABLE**

I am **ENOUGH**

I am **ME**



MENTAL EXERCISES



This exercise will help bring your mind and attention to the present moment.

You can be in any place, any room. Maybe it is a room you have never been in before, or perhaps it is a room you are familiar with and have been in plenty of times.

Find a comfortable place to sit. Start with your breathing, calm your mind, and slow down your breathing. Breathe in for a count of three and out slowly for a count of three.

Could you look around the room?

Name all the objects that you can see in the room.

Did you notice anything new?

What stands out to you the most?

What do you like about this room?

What do you dislike about this room?

What does the room remind you of?

What does it smell like?

Find an object in the room and think about how you would draw it in your mind. For example, picture the room upside down. How would this feel?



THE BIG WHITE HOUSE



Imagine you are walking along a white beach. You can hear the birds and the gentle roll of the waves. You can feel the sand between your toes. It is a quiet and safe place. The sun is shining down on you, making you feel warm. You have been looking for a place to be quiet and comfortable.

You stop and stand, looking out over the vast ocean and noticing all the water's colors. The colors are mixing and churning, creating the foamy white crest at the top of each wave. The role of each wave sounds like the Earth breathing. O...cean. O...cean. Over and over again with each wave. You feel the power of the ocean and the Earth.

Just ahead of you, you notice a big white house. It is mesmerizing to you. It looks beautiful, like a temple or small castle. You walk towards it, relaxed and interested. You follow a path to the front of the house and see that the door is open. You feel safe and that it is ok for you to go inside.

You step inside the house. You find yourself in a hallway with decorations, lights, and paintings. A spiral staircase stands before you. You know you want to go up those stairs. You suddenly become aware of a hefty backpack you have been carrying all this time.

The backpack contains your worries, thoughts, concerns, and uncomfortable feelings. You have been carrying them for a long time, and this backpack is weighing you down. Your shoulders ache, and your back feels tight and tense from all these negative feelings.

You slowly remove your backpack and, with it, all your troubles. Then, finally, you feel released and free! You can now quickly go up the staircase. You become lighter, happier, and calmer with each step you take. Each action brings you closer to comfort and joy. The comfort and joy live in you; nothing can get in the way of feeling them, reaching them, and having comfort and fun.

Now at the top of the stairs, you are strong and powerful. A large window is open at the top of the stairs, and a big, comfortable white chair is in front of it. You sit down and face the window, watching the beautiful ocean again. This time is yours. You watch from your chair, by your window in your house. Breathe in the soft ocean air, and know you are home."

