

Floating on a Cloud Meditation

- Lie on your back and close your eyes. Allow your attention to shift to your breathing. Try to slow your breathing... take a breath in for 4... and out for 4.
- As you're lying down imagine a big fluffy cloud floating above you. Imagine it comes down slowly and gently beside you.
- Think about what your cloud looks like. What colour is it? What shape is it?
- This is your own special cloud... you are completely safe and happy on this cloud.
- Imagine climbing onto your cloud.. It will take you anywhere you want to go.
- How does it feel... is it soft? fluffy? Weightless?
- Imagine your cloud begins to move... where does it take you? What things do you see on your way?
- Lie back and allow your cloud to take you to a journey, you feel happy, free and at peace.
- Slowly allow your focus to come back to your breathing... Slowly wiggle your fingers and toes and bring your attention back to your body. Try to take this feeling of peace and happiness with you as you go about the rest of your day.