



My Guided Visualisation



Get into a comfortable position. Close your eyes. Take 4 nice, deep breaths. Feel your body relax. Now, imagine yourself floating on an air mattress in the ocean. The waves are gently rocking you on the mattress. The sun is shining down on you, making you feel warm and relaxed. There is a slight breeze, so you don't get too warm from the sun. If you want to, you can roll onto your stomach. The air mattress is clear. You are able to see many colorful fish swimming below you. Once in awhile, you see a turtle pass underneath you. Sometimes they stop and look up at you, almost as if they are saying hello. You feel very relaxed. Out of the corner of your eye, you see something swim towards you. When you turn your head to look, you see a beautiful dolphin making its way towards the air mattress. The dolphin stops and looks at you. It is like he is telling you he is glad you are here and hopes that you will come back to visit often. You spend a few more minutes enjoying this peaceful place. When you feel ready, you can take 4 nice, deep breaths. Then, wiggle your fingers and wiggle your toes. When you feel ready, you can open your eyes.

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