



# guided relaxation

## “Magic Carpet Ride”

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of Shambala Kids

This month let's go on an amazing adventure into the sky! Children love the use of the vivid guided imagery for fun and stress relief. Simply read the following meditation is a calm relaxed voice to your child before bed or anytime for relaxation.

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Take in a deep breath and close your eyes. I'm going to count down from 5 to 1 and when I get to 1, your whole body will feel very heavy and deeply relaxed. You will feel so relaxed that you will not even want to move... but just stay still and enjoy the wonderful relaxation that begins to flow into your body.

- 5... starting to feel the relaxation in your arms and legs
- 4... your legs are starting to feel heavy.. your arms too
- 3... heavier and heavier and more relaxed and comfortable....
- 2... more and more relaxed with each number I say
- 1... now your whole body is very heavy...

Now imagine a beautiful, colorful magic carpet underneath you. This magic carpet is the most beautiful carpet in the world. It has exquisite colors and is woven very tightly, ornately and neatly. Someone took great care and love in making this very special magical carpet just for you. Reach down and touch the smooth texture of the brightly colored carpet. It's so soft. Now, wrap your hands around the two tassels that hang down on the front corners. As you do, notice the tassels tighten and stick straight up like han-

dles... you feel perfectly safe. The magic carpet starts off softly... making sure you feel safe and comfortable. The magic carpet gently sways and sweeps up now and makes you giggle with delight! What an adventure! It takes you up into the sky, higher and higher, up to the pillowy soft clouds. It's wonderful to be here... feeling free and completely relaxed. You can breathe clearly here. You inhale deeply and exhale slowly.

Your body feels wonderfully clear and the air is so pure and light.

Look down and see the beautiful green patches below you. The trees seem to wave up at you while the wind blows them to and fro. You see fields of abundant crops and houses that look quite tiny from all the way up here. You begin to let go of any worries. Any problems or difficult thoughts seem to vanish. You leave them all far behind as you relax and enjoy your magical carpet ride. This is an amazing adventure. Feel as the carpet swoops and turns... you can go as fast as you want and have more fun still. Spin with the carpet and know that you are in full control – going faster and faster or perhaps slower, you choose.... but totally enjoy your ride.

Now, take in a deep breath and glide your magic carpet back down on the ground when you're ready. Stop comfortably and very gently. Bringing all the wonderful, happy feelings you have back with you now, open your eyes when you are ready. Breathe in deeply and exhale fully. You've done a fantastic job of using your imagination!