



# guided relaxation

## “Ragdoll Relaxation”

with Mellisa Dormoy  
of Shambala Kids

Simply read the following relaxation script slowly and watch as your little ones just melt into bed or naptime.

Close your eyes very gently and think about a rag doll you own or may have seen. Think about how loose and limp it is. Notice all its parts..... just hanging there, so relaxed. As you imagine it, you can notice how it just hangs down completely loose, limp and floppy.

Imagine what your body would feel like if it did the same. I wonder what that would be like.

Do you think you can try to get your body as comfortable as that loose and floppy ragdoll? Imagine doing just that. Allow your body to get as loose and limp as the rag doll. Feel your arms go completely limp now and now how your fingers relax too. Allow your whole face to relax... and now your neck. Feel your forehead relax next. Notice now how your eyelids relax completely as you continue to imagine that floppy stuffed toy. Now let your tummy relax. Breathe in deeply and slowly all the way down to your tummy and notice how it relaxes so easily. Notice how your legs become very relaxed now too. They feel completely loose and limp. Maybe they even feel a little like Jell-O – so wobbly. Even your feet now begin to feel loose and limp. All your toes decide it's time that they too enjoy some much needed relaxation along with the bottoms of your feet who work hard each day to take you places. Feel how everything is just so loose, limp and floppy now... just like that half-stuffed ragdoll you imagined.

Because you've allowed yourself to relax so well, I am sure that if I were to pick up your hand right now, your arm would probably just flop right back down beside you. I'm sure that's how relaxed you've allowed

yourself to become, just because it feels so wonderful to relax our bodies.

You know, relaxing our bodies gives them some much needed rest. When we relax our bodies, we can also allow our minds to relax as well. We can do this by simply allowing any thoughts to become like clouds... and slowly drift on by. It's interesting to watch our thoughts as clouds drifting by like this in our minds. You might notice feeling very good. Notice how good it feels to relax and how peaceful it feels. Take in a nice deep breath and breathe in all the wonderful peacefulness around you. Imagine that the air is filled with little bubbles of peace. Breathe in all that peace and allow it to go everywhere in your body – head to toe. Doesn't that feel good? Just notice how your body responds.

Any time you feel stress or worry, or even when you just need to take a break, you can simply imagine breathing in peace and filling up your whole body with peace and relaxation. You'll really feel that peace within you – within your mind and within your body. That's how powerful our imagination is. When we imagine something like breathing in peace, we really start to feel more peaceful. So take in a deep breath now and fill yourself up with peace and happiness. Now slowly exhale but hold onto all that happiness and peace.

You've done a fantastic job! I'm so proud of your use of your wonderful imagination and allowing yourself to relax so fully, just like that floppy ragdoll. When you've finished relaxing, you can simply open your eyes and give your body a good stretch. If you're ready for bed then you can simply drift off to sleep knowing how much you are loved and how amazing you really are.