

Peaceful relaxation

You can do this sitting or lying down, whichever feels comfortable for you.

Take a moment now to make sure that your body is comfortable – in a comfortable position. And gently close your eyes, let your body relax.

Imagine you are in a hot air balloon and you are rising, up, up, up into the blue sky. It is a beautiful sunny day. When you get high enough, it is completely quiet, and you float peacefully and freely through the sky. You feel so safe and at ease in your hot air balloon. You can see for miles and miles. You can see cities and countryside. Rolling hills. Houses and farms. You can see trees and rivers. You notice the shadow of clouds passing over the green fields below you. You see a lake glinting in the sunshine. Every so often, you see cows in their fields and people in their gardens, they seem so tiny to you. It feels wonderful to be up here looking down. You feel so free. Around you, the sky is as blue as a bluebell and just a few fluffy white clouds float by like cotton wool. You feel completely safe and relaxed as you drift slowly through the sky. It feels so quiet and peaceful up here. Nothing can disturb you as you float slowly through the blue sky watching the world drift by below you. You feel happy as the sun shines softly on your skin and a fresh breeze touches your cheeks. It is so still and calm up here. You feel the cool, fresh air moving into your nostrils as you breathe in, filling your lungs. And as you breathe out, you feel lovely and relaxed.

Take some calm, gentle breaths now. Breathing in and breathing out. Breathing in and breathing out. Breathing in and breathing out. Feeling calm and relaxed.

The world beneath you looks so small and so beautiful. You would like everyone in the world below you to feel this peace you feel up here. Imagine sending peace and calm to the whole world. You can imagine love and kindness like rays of light flowing from your heart down to the world beneath you. Imagine, for a moment, everyone in the world is touched by the love and peace you are sending them. Everyone feels peaceful and happy - just as you are feeling floating through the clear blue sky.

You can stay here for as long as you like, floating along, enjoying your peaceful journey.

The blue sky is always here. Even when there are clouds, the sky is always blue behind the clouds. At any time, you can imagine drifting up into the clear blue sky and having a moment of peace and calm.

And when you are ready, you can open your eyes and continue your day feeling peaceful and relaxed.