



# guided relaxation

## "Beach Relaxation"

with Mellisa Dormoy  
of Shambala Kids

Our minds are so creative and powerful that we can transport ourselves to any place we desire, just by imagining it in our minds. As the weather turns colder outside, we can still bring warmth within through our guided imagery meditation this month. We're going on an unforgettable adventure to the ocean. We'll enjoy all the scenery and calm the beach has to offer!

Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments. Breathe deeply and comfortably and notice how amazing the sound of your breath is. Just listen as the air moves in and out.... in.... and out. It is a quiet and beautiful sound.

( pause )

Now imagine transporting yourself magically to your favorite spot on a beach. If you have never been to a beach, just imagine what you think it would be like. Imagine yourself there now. On the beach you feel the lapping of the warm waves against your toes. You dig your toes deeply into the cool wet sand. The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice.

Feel the rhythm of the calm waves flow over the sand – it relaxes you. Notice how your breathing becomes calm and even. Inhaling

and exhaling slowly and calmly. Paying attention now, you slow down your breathing even further and allow your muscles to relax. Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more .... releasing tension or frustration, releasing any worries or doubts you have. Inhaling deeply again - breathe in calm and peacefulness.

Your body is now relaxed; your mind is relaxed now too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now. Right now, only this matters, just relaxing and enjoying this moment. Breathe in deeply and allow the relaxation to flow to any part of your body that needs it. Imagine the beautiful golden warm sun penetrating each and every cell and muscle, making you feel so wonderful and alive! I'm sure you can feel the peace that surrounds you now, letting you know that everything is all right. Take in a nice, deep breath again and bring your attention back to where you are.... along with all the calm, peaceful feelings of relaxation and rest. I know you are feeling energized and peaceful now, ready for a wonderful night's sleep.

This a perfect time to discuss what your child felt during the relaxation, or any worries or stress that came up. Know that your child is in a highly susceptible state right now, so saying positive, loving things is the key to setting up your child's subconscious mind for success!

# Guided Imagery Scripts Children

**Rebecca Amelia Holloway**



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## **Table of Contents Guided Imagery Scripts Children**

1. Understanding the eBook Guided Imagery Scripts Children
  - The Rise of Digital Reading Guided Imagery Scripts Children
  - Advantages of eBooks Over Traditional Books
2. Identifying Guided Imagery Scripts Children
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Guided Imagery Scripts Children
  - User-Friendly Interface
4. Exploring eBook Recommendations from Guided Imagery Scripts Children
  - Personalized Recommendations
  - Guided Imagery Scripts Children User Reviews and Ratings

- Guided Imagery Scripts Children and Bestseller Lists
- 5. Accessing Guided Imagery Scripts Children Free and Paid eBooks
  - Guided Imagery Scripts Children Public Domain eBooks
  - Guided Imagery Scripts Children eBook Subscription Services
  - Guided Imagery Scripts Children Budget-Friendly Options
- 6. Navigating Guided Imagery Scripts Children eBook Formats
  - ePub, PDF, MOBI, and More
  - Guided Imagery Scripts Children Compatibility with Devices
  - Guided Imagery Scripts Children Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Guided Imagery Scripts Children
  - Highlighting and Note-Taking Guided Imagery Scripts Children
  - Interactive Elements Guided Imagery Scripts Children
- 8. Staying Engaged with Guided Imagery Scripts Children
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Guided Imagery Scripts Children
- 9. Balancing eBooks and Physical Books Guided Imagery Scripts Children
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Guided Imagery Scripts Children
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Guided Imagery Scripts Children
  - Setting Reading Goals Guided Imagery Scripts Children
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guided Imagery Scripts Children
  - Fact-Checking eBook Content of Guided Imagery Scripts Children
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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