



guided relaxation

"Inner Listening"

with Mellisa Dormoy
of Shambala Kids

Do you know that inside of you, you have some very wise answers to all the questions you'll ever have about your life? It's true. Today we're going to learn how.

Close your eyes and take in a very slow, deep breath. Now, exhale slowly. Keep breathing deeply and feel the cool air come in through your nose and flow all the way down to your belly. Feel your belly extend as you breathe in. Make sure your belly is going slowly in and out as you inhale and exhale. Every time we breathe, we should try to breathe like this – allowing the air to go all the way down to the belly – not just in the lungs. This relaxes your whole body and keeps you feeling peaceful no matter what. It's also the correct way to breathe.

Now, as you continue to breathe deeply, turn your attention now to something else. I'd like you to listen carefully to all the quiet sounds outside of you and happening all around you. You may hear outside noises, maybe cars, birds or something else... just listen to all the sounds – both faint and loud. (Pause) Now, let's turn our focus inward. Listen very quietly to what you hear happening within your body. Can you hear your heart beating? (Pause) Can you hear your breath as you breathe slowly in and out? Maybe your tummy is even making noises. Whatever is going on inside, just take time to listen very carefully. Just pay attention to the sound of your breath. It's

almost magical. You're whole body is alive and it's this breath, among other things, that is keeping you alive. Allow the breath to fill up your whole body and enjoy as the living energy of your breath goes into each and every cell, each and every atom of your body... just feel that and relax deeper.

Now listen even more closely... listen and pay attention if there are any feelings coming up right now... feelings inside of you that need to be expressed, or talked about. Our feelings tell us a lot. When we are quiet and calm, we can tap into those feelings and listen even better. Maybe you'll suddenly get an answer to a question you've had, or you'll realize something you have been feeling all along.

It's important that we take the time to listen to ourselves each and every day. It helps us connect with who we really are inside and is a very important part of growing up and knowing ourselves better... In this safe, quiet space we're in right now, you can easily listen to what's going on inside. Your thoughts and feelings really matter! You can trust yourself and your feelings. Next time you have a question on what you should do – just ask and then listen within for your answer.

Open your eyes when you're ready and give your body a big stretch.

Guided Imagery Scripts

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Guided Imagery Scripts: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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