

Summer Clouds visualization

Begin to become aware of your breathing.

Notice each breath as it goes in..... and out.....

Take a moment to focus your attention on your breathing, without trying to change anything. Just notice your breathing, focusing intently on each breath.

(pause)

Now see how you can slow the rhythm of your breathing by counting. Breathe in to the count of 4, hold for a count of 3, and exhale to the count of 5.

Breathe in....2.....3.....4.....Pause...2.....3.....Breathe out....2.....3.....4.....5.....

Again....2....3....4.....Hold...2....3....Exhale....2....3.....4.....5
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Breathe in....2.....3.....4.....Hold...2....3....Exhale....2....3.....4.....5...
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Breathe in....2.....3.....4.....Pause...2.....3.....Breathe out....2.....3.....4.....5.....

Breathe in....2.....3.....4.....Hold...2....3....Exhale....2....3.....4.....5...
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Continue to breathe slowly, smoothly..... relaxing more with each breath.

Feel yourself becoming more and more relaxed.

As you relax, start to create a picture in your mind. Imagine that you are lying on a blanket outside on a warm summer day. The blanket is in the soft grass, next to some trees.

The sun shines down warmly, and a cool breeze blows across your skin.

See the sky above, blue and bright. See the clouds floating by... blowing in the breeze.

Picture in your mind the details of this scene. The feel of the sun and breeze on your skin. The soft grass and blanket beneath you. The trees beside you, a mix of leafy trees and conifers.

The leaves on aspens and poplars wave and turn as they blow in the wind. You can hear the rustle of the leaves. Between the leaves, you can see the trunks and branches of large, old trees, empty of leaves. The bark is dark with small patches of light colored mosses and lichens. A few spruce trees grow among the aspens. Their branches move slightly up and down, springing back as the wind blows them.

Watch the clouds passing the branches.... drifting by. Notice the different shapes of clouds. Some are round, fluffy cumulus clouds. Others are long, thin, wispy clouds... like streaks of semi-transparent white paint across the blue of the sky. The clouds drift lazily by. Slowly... smoothly.... floating.

It is so relaxing, watching the clouds drift by in the sky above.

The sun shining down warms and relaxes you, creating a calm, sleepy feeling. The breeze keeps you cool and comfortable.

Feel your body relaxing... bit by bit.... as you sink into the soft blanket and grass beneath you. Feeling your muscles

relaxing... letting go. Allowing your breathing to slow as you rest peacefully.

(pause)

Imagine the sights and sounds of this relaxing scene. The sound of the wind in the trees.... birds singing.... Picture the leaves of the trees as you see them moving.... twisting.... the sun shining through the trees... dappled on your face....

Enjoy relaxing, gazing up at the sky. Watching the clouds drift by. Enjoying this beautiful day.

(pause)

When you are ready to leave this peaceful place, slowly begin to return your awareness to the present.

Take a deep breath in.... and out.

Breathe in again.... and out....

Continue to breathe smoothly and regularly, feeling your energy increasing with each breath.

As you breathe, allow your body to reawaken. Feel the energy flowing through your muscles.

Raise your shoulders as you breathe in, and lower them as you breathe out. Feel your muscles reawaken.

Keep with you the feeling of calm and relaxation, while returning to a state of wakefulness.

When you are ready, open your eyes and return to your day, feeling alert and calm.