



Calming Moments

Activity #2

Calming moments meditation. The breath can be a powerful tool for calming down the nervous system and coming into the present moment. The script for the Calming Moments Meditation is below.

Alternatively, you can download the audio file to play.

Please find a position where you are sitting comfortably. When you are in your seated position, close your eyes and gently place your hands on your belly button.

Take deep breath in through your nose and out through the mouth.

This time when you breathe in, send the breath all the way down to your belly button and feel your hands fill up and move outwards.

Then breath out slowly through your nose and feel your hands moving back in towards the body.

Do exactly the same as you breathe in for 3, 2, 1 and breathe out through the nose for 3,2,1. Breathe in fill the belly for 3,2,1 and breathe out for 3,2,1.

Now, keep the breath flowing in and out of your tummy and gently place your hands on your knees.

We are going to take a little adventure into our bodies, into our hearts and seek out our smiles. You can do this whenever you feel sad or worried or in need of some courage or comfort. You can close your eyes, take some deep breaths, and look inside for a warming glow of sunshine. So just imagine now surrounding yourself with a beautiful yellow glow.



Little Ruffle

Copyright © 2020 Jodie Jackson



Calming Moments

Activity #2

As you breathe in, it gets brighter and brighter and bigger and bigger. And as you breath out, you allow it to relax and comfort you.

Now imagine this bright yellow light travelling into your body and into your belly as you breathe in. And allow it to relax and comfort you as you breathe out. And picture this yellow light inside your tummy growing brighter and brighter and bigger and bigger, travelling up to your heart. Imagine your heart surrounded with this bright, warm yellow light. As you breathe in, imagine this light getting brighter and brighter and bigger and bigger. As you breathe out imagine your heart is smiling and softening with the warming glow of the sunshine inside. Now imagine this bright light travelling up to your face and filling your whole head with bright, warm sunshine.

Feel a gentle smile in the corners of your mouth as you breathe in and grow this light brighter and brighter and bigger and bigger. And as you breathe out, imagine this sunshine flooding all the way from the top of your head, through your body, down to the tip of your toes. With this light shining bright inside you, feel it getting so bright and so big that it radiates from your skin and shines out from you to the whole world around you. As you fill your body with this glow of lovely sunshine, notice how it makes you feel. Notice how this peaceful, bright light reaches every part of your body and helps you feel calm and relaxed. Notice how it makes you feel better; how it makes your heart feel brighter, your mind feel lighter, and makes the world seem better. This feeling will stay with you as the day goes on. And remember, you can always find this sunshine to warm your heart whenever you need it. And before you open your eyes, bring your hands to your chest and place them on your heart. Imagine the smile on your heart as it beats with happiness, joy and love for ourselves, for others, and for the world around us.

Feeling relaxed and peaceful with a gentle smile on your face, you can bring your attention back into the room. You can open your eyes, release your hands, and softly settle back into your day with your loving light shining bright.



Little Ruffle

Copyright © 2020 Jodie Jackson