

Guided Relaxation

"You Are Loved"

Get comfortable and take in a big, deep breath. When you let it out, feel everything around you getting calmer and quieter. Take in another long breath, release it slowly, and feel even calmer still.

As you continue to breathe deeply and calmly, notice that the only thing you want to pay attention to is my soothing voice.

Now imagine in front of you, a movie screen. On the screen, you see images from your own life.

You see every time you did something kind for someone. You also see every time someone did something nice for you. As you watch the movie, you see how happy you've made other people, and you see all the happy times that you've had as well.

As you continue to watch this movie, you see a time when you helped somebody who needed you. Just this thought makes you feel warm and cozy inside. Now switch to a time when someone helped you. Think how good you felt to know that someone was there for you.

Feel all those wonderful good feelings come rushing back to your heart! Watch these beautiful moments of your life. Remember how happy you were and how wonderful you felt.

All these happy feelings – all those times you felt warm and fuzzy – were because of a very special feeling: LOVE.

These things you see in front of you happened because you loved and showed that love to someone else, and because they love you.

Love is about taking care of other people, doing nice things, expressing your gratitude and showing kindness and patience. Inside of us, we are all really that – simply love.

That's really who we are. When we can express this part of ourselves every day, as much as possible... our hearts are filled up with joy and such satisfaction that sometimes we feel we might burst from pure happiness!

And that happy love feeling means that you're a part of a community of people, a very important part of a very loving universe.

Remember all this love you have inside of you and how easily you can express your love with simple acts of kindness towards yourself and others. You are truly wonderful. You are pure love!

Notice how the love feels like a soft, warm blanket wrapped all around you. It makes you feel warm and peaceful and happy.

Now take in a nice deep breath and exhale slowly. Continue to feel all the wonderful feelings of love and gentleness as you snuggle in for sleep tonight.

Sweet dreams.

