

Guided Meditation

"The Restful Rag Doll"

Gently close your eyes and think about a rag doll you own or may have seen. A rag doll is a soft toy that doesn't hold any tension or stiffness.

Let's see if you can feel as relaxed as that rag doll.

Start with your hands and arms.

Squeeze your hands into tight fists and hold them there for a moment. Now let them go completely soft. Let your fingers spread out and relax. Feel how loose and light they become.

Move up to your shoulders.

Pull your shoulders up toward your ears, as if you're a turtle hiding in its shell. Hold there... and then let them drop down heavy and loose.

Next, relax your face and forehead.

Can you scrunch your face up and hold? Then let it all go. Maybe even fill up your cheeks with air and then let it out. Now let your forehead feel smooth, your cheeks soft, and your jaw loose.

Now, let your neck relax.

Imagine your head is heavy, and your neck is soft and free, like the rag doll's floppy neck. Let it gently rest, as if there's nothing to hold up anymore.

Relax your chest and tummy.

Take a big, deep breath into your tummy, filling it up like a balloon. Hold that breath for a second... and now slowly let it out. Feel your tummy soften and your chest become calm and completely at ease.

Now, tense up your legs, stretching your toes and squeezing your knees together. Hold that tightness for a moment... and now let it go.

Next, let your feet move freely.

Curl your toes tightly and hold for a moment... and now let them go. Feel your toes and the bottoms of your feet relax, just like the rag doll's feet when they're completely still.

Notice how your whole body feels soft, floppy, and free. If someone were to gently pick up your hand right now, it would just drop back down, completely at ease.

Take a moment to notice how peaceful this feels. Every part of you has let go of tension, and you can feel calm and light.

When we relax our bodies, we can also allow our minds to release and unwind as well.

We can do this by simply allowing any thoughts to become like clouds... and slowly drift on by. It's interesting to watch our thoughts as clouds drifting by like this in our minds. Notice how good it feels to relax and enjoy how peaceful it feels.

Take in a nice deep breath. Breathe in all the wonderful peacefulness around you. There's no tension here, only calm and stillness.

Another deep breath to fill yourself up with peace and happiness... Now slowly exhale yet hold onto all that happiness and peace.

You've done a wonderful job relaxing your body and your mind, just like a floppy rag doll.

