

Guided Meditation

The Peaceful Butterfly

Close your eyes and take in a nice deep breath.

Allow your tummy to fill up like a balloon and then exhale slowly. Let's do this five times to really relax your whole body completely.

{pause for breathing}

Your body begins to feel deeply relaxed and sinks down further and further into your nice, soft bed.

Your legs begin to feel very heavy. Your arms also feel loose and free. You enjoy every moment as your body continues to calm with each word.

Now imagine you're a beautiful butterfly fluttering in the sky. Your delicate wings sparkle in the sunlight, shimmering with colors of your choice — maybe blue, gold, or rainbow.

You feel so light and free, gliding gracefully through the warm air.

Below you, the lovely green valley stretches out with rolling hills and fields covered in bright, colorful flowers.

As the wind touches you, it gently blows away any worries, any stress you feel. Feel how wonderful it feels to be free. Your mind is clear and calm.

As you soar closer, you notice the bright, happy flowers swaying gently. It's like they are waving to you.

The breeze kisses your wings. And as it flows over you, it softly carries away any worries or stress.

Each flap of your wings feels like letting go of another heavy thought, leaving you lighter and more peaceful.

You are completely happy. You are beautiful as you allow your true happiness to shine through.

The sun wraps you in its golden warmth, like a cozy blanket from above, and you feel safe and happy.

Big, fluffy clouds drift lazily in the sky, their shapes changing into fun designs — a heart, a star, or maybe even another butterfly!

They remind you that you can feel this calm and relaxed any time you want, just by imagining this special place.

The earth is a patchwork of color and you glide down to gently land on a flower. Its soft petals tickle your feet, and you feel connected to the beauty all around you.

Stretch your wings wide now, giving them the biggest, happiest stretch — like a morning yawn for butterflies.

It feels so good. Your body is calm and your mind is peaceful.

You can fly as long as you'd like, exploring the magical valley or floating peacefully on the wind.

Take in a deep breath now and exhale slowly. Give your body a big stretch, just like your butterfly wings.

With a clear, calm mind, say these words to yourself: "I am peaceful and I am calm, ready for a wonderful adventure in dreamland."

You are ready for wonderful, peaceful sleep tonight.

