

Helen Moore

OK so if you would all like to get yourselves very comfortable. Then we're going to start with a relaxation and a creative visualisation. OK.

So do you want your bag on the floor Rene? That's a good idea. It's quite good when we're doing this to get our feet nice and flat on the floor. If we can and that's comfortable for us and our bottoms in the backs of the chair so that our backs are nicely supported and just have your hands wherever they are comfortable. Just maybe resting on your legs or folded. However feels comfortable. Then when you're ready if you'd just like to close your eyes please.

So we're just going to start as we always start by focusing on our breathing. Going to start by gently bringing our attention to the way the breath comes into our body either through our nose or through our mouth. Just notice the way the breath comes in and then the way it comes out again. Again, it might be through our mouth or through our nose but just gently try and bring your attention to your breathing. Try to keep that focus on the breath coming in and going out. If you have other thoughts coming into your mind just gently try and let them go. Try not to hold on to them or follow them. Just keep bringing your attention back to your breath. Noticing the sensation as it passes in. Maybe through your nostrils and out again.

As we breath in we are going to imagine now that we're breathing in calm, peace and serenity. We're breathing out any niggling worries or anxieties or things that may be bothering us in any way. Maybe even trying to breath out any aches and pains so we're feeling a flow coming into our bodies, peace, a great golden warm calm, flowing in, breathing out any niggles. Any worries, they're all going, they're all leaving us. We're feeling more and more relaxed and present with our breathing. Breathing in, calm. Breathing anything negative out. Feel that calm flowing in to all corners of our bodies. Feel it spreading like a lovely golden wave. From our nose or our mouth right down to our lungs out through our arms to our fingertips. Down through our bodies. Down to our legs. Our hips, our knees, down to our ankles. Feet feeling this lovely golden wave of calm just spreading through us right down to the tips of our toes. So feeling really relaxed and calm. Again, if any thoughts come into our mind. Whatever they may be. Just let them go cos they're not important right now. We have this lovely space of two hours to just be here together to relax. Nothing else matters right now.

OK. Now we're going to move into our visualisation. I'd like to see if you can imagine yourself walking along a path in a beautiful area in the mountains. Doesn't matter which mountains they are. Maybe time in your life you visited some beautiful mountains somewhere. Maybe you'd like to imagine those mountains. Wherever you are the air is clear and fresh. Maybe in the distance you can see the peaks of the mountains capped with snow. Lower down the slopes perhaps you see trees clinging to the sides of the mountains. Everywhere you can hear the sounds of birds. All along this mountain path there are shining bright beautiful spring flowers popping up through the grass. Cos at this time of year the snow has melted away so allowing all the fresh meadow flowers, fresh spring grass to come up. And this path is also following along beside a river. Maybe you can see that river flowing next to the path. It's a beautiful sparkling river. The water is very clear crystally and the sunlight is shining on the water and wonderful patterns as the currents flow past. Occasionally, perhaps you see signs of a fish darting along in the river. And you're walking up stream so the water is flowing towards you. At times the river is very deep. It's hard to see the bottom to see the river

bed. But in other places the river becomes more shallow and you can see the current dancing over the stones and rocks in the river bed. The sounds of the flowing river are very peaceful and soothing. As you follow the river upstream you see some large rocks which are almost blocking the path. You walk up towards them as you get closer you can hear the sounds growing louder and louder. Rushing water and as you go around the corner, around the side of these large rocks. You see the most beautiful sight, a huge waterfall spilling down joining the river. It's a huge and powerful waterfall with a constant torrent of water tumbling and churning into a pool of white foam where it joins the river. It really is an amazing sight. Just nearby to the waterfall, still on the path, you can just see a bench and you go and sit on this bench to enjoy the waterfall. You can hear it's sound and see it's beauty. As you look maybe you can even notice tiny rainbows forming in the air where the water and the sunlight meet. Just enjoy sitting there, in the mountains, beside this gorgeous waterfall for a few more moments. I'll just leave you to sit and enjoy it in peace. So in a moment, we're going to leave this beautiful place that we found here in the mountains. Just take a moment for one last look around you to appreciate the calm and the beauty and know that that calm and beauty is inside you and you can find it any moment that you look for it.

Now slowly we're going to bring our attention back to our breathing. Noticing the breath coming into our bodies, flowing out again. Bring our attention back to our bodies. Maybe you might like to wiggle your toes on the floor. Stretch your fingers. Slowly when you're ready you can open your eyes. Come back to the room.