

FORREST MEDITATION

Make sure that you are nice and comfortable. Loosen any tight clothing.

Let your hands rest loosely in your lap. Now close your eyes...and relax.

With your eyes closed, you begin to connect with your inner world of thought and feeling.

Gradually, the external world will fade from your awareness.

For the next few minutes, give yourself permission to enjoy this relaxing experience.

You are free from all your responsibilities at this time, so put aside any thoughts of tasks or concerns that may be waiting for you.

If you find that your mind wanders during this meditation, simply bring your awareness back to the sound of my voice, and I will guide you to a place of deep relaxation and inner stillness.

Now take a long, slow, deep breath in...and then release that breath.

Feel yourself relaxing.

Continue to breathe slowly, deeply and gently.

With each breath you take, your thoughts become lighter.

As I speak, just allow images to form in your mind naturally, in your own time.

Imagine that you are standing in a beautiful grassy field.

You can feel the warmth of the sun on your face and body.

You can feel the lush green grass, soft beneath your bare feet.

You can hear the sounds of nature around you.

You are very much at home in this peaceful place.

You have all the time in the world.

You feel safe and happy here.

Take a moment to appreciate your surroundings...

a feeling of happiness begins to glow deep inside you.

The sensation begins in your stomach, and then it spreads to your chest and your heart.

Let go of thinking, and concentrate on feeling. Nurture this sensation of happiness and love. Feel yourself gently glowing with it.

Feel yourself gently radiating this pleasant sensation of love and happiness.

Relax and allow yourself to swell up with this delightful feeling. Don't try. Just let it rise effortlessly within you.

Stay with these blissful feelings and enjoy this time of peaceful meditation.

When you are ready, simply open your eyes.