

# Enchanted Forest \*(20 to 25 minutes guided

meditation)\* By Martha Livingstone

*Close your eyes, get into a comfortable position to relax in. As you do so, let the image of you in an **Enchanted Forest** enter your mind.*

*You come to, and see a cloud of shimmery, **pink** mist just ahead of you. As you stand up slowly, you approach the mist and appear out on the other side. You slowly look up, and spot a group of cute, fluffy monkeys. You desire to stroke the adorable monkeys, You suddenly feel a bit numb, and like your legs feel that they aren't touching the ground... Can you feel yourself gently gliding towards the furry monkeys?*

*As you touch the warm, well-behaved monkey's fur, you feel all of your angry worries and stress glide slowly out, emptying you, making you feel better and lighter from all those heavy worries holding you down. You slowly fall down to the ground like a leaf, you see a beautiful band of crickets playing their beautiful midnight song, like it's all just for you.*

*Carefully, you place yourself onto a fully spread out, **red** blanket lying there waiting for someone to place themselves on top of it. One of the **brown**, younger monkeys from earlier hands you a little basket decorated with bright, ripe bananas. He swings away with a little, cute call, leaving you to see what's inside the beautiful basket. You open it gratefully and find some nice, yummy-looking berries and delicious food safe for humans like you to eat. You gracefully start munching on the food, until you decide your thirsty.*

*You manage to find a beautiful lake, coloured of a shimmering **aquamarine**. As you search for something to contain your well-deserved drink. Somehow, a baby **blue** bucket with a purple handle. You fill the glittery bucket with the water and drink it down quickly and happily. After you are refreshed from the water, you taste a sugary aftertaste. You suddenly realise it's not just a normal lake... but a **colourful**, sugary ocean. You swallow the remaining splashes and see your joyfull monkey friends once again.*

*They beckon you towards the forest once again, leaving the lake far behind and you chase them swiftly through the forest. As you find yourself on the beach, you see a squadron of magenta deer laying on differently coloured towels. The one closest to you beckon to you to sit down on the pink towel next to her. As you place yourself down, you watch the sun rise over the horizon. Suddenly, it rains for a few minutes, then when it stops, you spot the most magical thing you've ever seen in your life. You slowly mouth the words, "Wow....." and the deer look at you and smile gleefully, suddenly looking upwards as you soar into the air again, this time towards the rainbow. Once you got half way, you dropped down, down, down, until a pink, fluffy cloud catches you and you start to drift up once again.*

*As you float upwards, you see any type of bird anyone could ever think of. Toucans, blue jays, mountain quails, and so many more soared around your cloud like curious little children. As the cloud lowers you onto the rainbow, the birds sit on your arms, shoulder, and even on top of your head. You gaze down onto the earth and watch the sun rise faster and faster from over the hills. Carefully, you shake all but one bird off of yourself and slowly hobble off the rainbow. A strong wind current lowers you back down to earth, and your new bird friend, a cockatoo named Clive, nuzzles your face gently, warming your face up.*

*You once again hear the rustling of the Oak trees once again. You know decide to drift back to reality, and now, you will want to gently open your eyes. You have now finished the meditation. Now you may be relaxed, relieved, alert and ready for anything that stops you. From now on, whenever your worried, just imagine Clive is on your shoulder, comforting you.*

*THE END*