

Guided Meditation by Liam

Close your eyes and take a moment to notice your body. Each step you take you feel the soft grass swaying as the breeze comes along. Below your feet, you notice glorious flowers. Every single one of them is one of your favourite colours. Beside you there are the most beautiful blossom trees you've ever seen.

In the distance, you can see a noiseless stream, as you start to walk over to the peaceful stream you can see fascinating fish diving up and down one by one. Finally you have made it to the wonderful stream. As you dip your feet into the water, you feel a little fish under your feet, then it starts to tickle your feet, you let out a little giggle. You can feel hot water bubbling a little bit then you decide to go for a little swim. The more you swim, the more your thoughts drift away one by one.

Happily you decide to go underwater but before you do you grab your snorkeling gear which is on the swaying, calm grass beside the smooth, hot stream. After that you go for a walk under the bright pink blossom trees whilst you dry off. Now that you've dried off, you go back to where you arrived. You feel a cloud full of sleepy dust which makes you feel tired from all the things you have done. You lay down and gently shut your eyes. Now your time here is done. But remember you can always come back here whenever you want, it's yours.

Just imagine.

Just believe.

Guided meditation by Ronnie

Close your eyes and imagine you are in a beautiful, perfect forest. Open your eyes and see the wonders around you. Can you see the forest? You see tall, sturdy willow trees with amazing, multi-colored birds perching on the branches, swaying gently while it's long, drooping branches dip into a shimmering, turquoise lake. It is a small lake but is still beautiful. You walk the wide riverbank. You hear the sound of crispy, golden leaves crunch under your feet. Stop to breathe....in.....and out. In through your nose....and out through your mouth.

You glance up and see the perfectly yellow sun through the gaps in the treetops. A beam of light shines on to your face but it doesn't hurt. It warms your face, and creates a force field that doesn't let any bad feelings through. Can you feel the shield? Can you feel the happiness float into you?

You walk for a bit longer, over the crispy leaves, watching the lake trickle along. Suddenly you smell the delicious, tempting smell of blackberries. It makes you want to lie down and guzzle them for ages and ages. You see the tip of a blackberry bush just peeking out from behind an ancient, brown tree trunk.

You walk behind and see how many green, leafy bushes there are. It seems like millions. Tempted, you walk over to the nearest bush, pick off a purple, smooth blackberry and pop it into your mouth. It tastes sweet. The satisfying sound of crunching seeds makes you feel happy.

Happily, as you go back around the incredible, thick tree, you decide to feel the trickle of the amazing, turquoise lake on your feet. You take off your lack shoes and stripy socks and dip your feet into the cool, soothing water. Let all the anger soak out of you. Can you feel it?

Now that you have walked through this incredible forest you feel relaxed, happy and no longer angry. The lake was soothing and washed all the anger out of you. Now as you open your eyes, remember that this forest is all yours. Nobody else can come. All you have to do is close your eyes and imagine.