

Free Guided Relaxation
"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. 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 begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word.

Now as your body relaxes, imagine you're a beautiful butterfly fluttering high in the sky. You see the lovely green valley below you with lots of colorful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate wings.

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. You have left any worries far behind now.

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

The sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

The earth is a patchwork of color and you enjoy each moment here, gliding along feeling so joyful and peaceful. You spread your wings in a huge stretch.

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

You can fly around as long as you'd like – exploring or just floating gently on the wind.

Take in a deep breath now and exhale slowly. Give your body a big stretch.

You are ready for wonderful, peaceful sleep tonight.

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

Good night, little one.