

Floating Script

This exercise is called floating smiles and it's a helpful one to cultivate joy,
you might feel a sense of happiness flow over you.

This is a nice one to try laying down on a mat or blanket.

I invite you to close your eyes or keep them at a soft gentle gaze.

Let's start to breathe softly.

B

B

B

Imagine you are floating on a raft down a gentle stream.

Feeling safe, moving slowly.

The water moves slowly and gently.

B

If your mind wanders away, that's OK, that's what the mind does. It likes to stay busy...

Just gently bring it back to the sound of my voice...

Imagine the raft on a gentle stream.

B

If a thought comes into your mind,
let it float away like a leaf on the water.

Smile with each breath.

Notice how your face changes.

Do your cheeks move up? Do your lips open? Does your jaw relax when you smile?

Do your eyes lift?

Keep breathing and smiling.

Pay attention to any changes in your body.

Can you feel your smile in your heart?

B

Relax on your raft for as long as you need

B

You can take your inner smile with you as we end this exercise..

