

# Moody Cloudburst Script

This exercise is called Moody cloudburst. This is especially helpful to melt away grumpy moods.

To get started sit mindfully with your spine straight and body relaxed.  
Let's take three soft, slow, mindful breaths.

\*B\*

\*B\*

\*B\*

Imagine your grumpy mood as a dark cloud around your head, we all feel this sometimes.

Noticing the grumpy mood and visualizing it, imagining it as a dark cloud around your head, maybe it's a dark gray in color....

Maybe it's white

just imagining the grumpy mood as a cloud above your head.

\*B\*

Now, think of something that usually makes you happy. Thinking of something that typically brings you joy, bringing that thought to mind and imagining it, the happy thought as a rainbow streaming through the cloud.

See the rainbow melting into you as ribbons of bright light

feel the light inside of you,

notice the light bursts the clouds open

\*B\*

\*B\*

... sometimes the clouds want to stay and that's OK.

You can be patient with your clouds.

Either way, end this exercise when you feel ready to face the day.

