

# Still Waters Script

This exercise is a great way to start your day, to feel still like a pool of water. For this exercise sit mindfully with your spine straight and your body relaxed. You're invited to close your eyes or keep them open at a soft low gaze.

And take three soft, slow, mindful breaths.

\*B\*

\*B\*

\*B\*

We are going to use our imaginations for this exercise.

So start by imagining:

that you are in A forest with tall tall tall trees.

\*B\*

Do you hear the birds chirping in the trees.

And chipmunks running across fallen leaves on the ground.

Amongst the forest, you are sitting in a front of a small pond.

\*B\*

You are feeling safe and calm.

\*B\*

The water is still.

Look over into the pond and see the reflection of the trees in the Clear water.

Notice, what else do you see as you look into the water?

Do you see yourself reflected in the water too?

\*B\*

Imagine picking up a Little Rock that's next to you and throwing it into the pond... the sound of it landing, see the ripples of the water. Keep watching the waters and when the water becomes still again...open your eyes.

You can look for still water in the pond anytime you want to feel calm.

