

Thoughts on a Cloud Script

For this exercise, maybe you start by creating a really comfortable cozy nook, a space that feels like you're floating on a fluffy cozy cloud...
Grabbing extra blankets, pillows or stuffies , anything you like ...

Let's start by taking three mindful breaths together and I invite you if you feel comfortable to keep your closed for this exercise or if you prefer open at a soft gaze is okay too.....

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And this exercise will involve your amazing imagination...
imagine a beautiful summer day, the sun is shining bright, you can even feel the warmth of the sun on your face. Imagine there's really soft bright green grass all around you, what a peaceful and calming space. Maybe you decide to take a seat on the grass, and lay back to look up at the big blue sky.... It's a beautiful baby blue...
If your mind has wandered off just bring it back to the sound of my voice...
Laying down in the green grass, looking up at the blue sky... Oh, you might start to notice some clouds slowly passing by... there's one, in the shape of a heart...
Imagining one in the shape of a heart There's another in the shape of a fish.....beautiful blue sky, clouds passing by.... If you have other thoughts coming up, let's place them on a cloud... like maybe thoughts of a snack you'd like to eat, let's place that thought on the sky, and watch it pass by...
Another thought rising? Maybe of a test, or a friend or something really really cool..,Let's place that thought on a cloud and watch it pass on by...
We can spend time thinking about that cool thing later, for right now, we place is on the cloud and watch it pass on by....
Noticing the blue sky,
The clouds, different shapes..



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and maybe in our mind we can imagine standing up from the grass... and remembering we can come back to this sit spot and watch our thoughts pass us by anytime we need if we need a moment to slow down or let go of stress or to just be...

Slowly let's open our eyes if they were closed looking back around the space space, taking a deep breath and continuing with our day.

