

Guided Meditation

Take a deep breath in through your nose and let it out gently through your mouth. Picture one of your favorite places. Somewhere you go to feel calm and relaxed. Where are we? That sounds really nice. Notice the smells around you, how the air feels, how your body feels.

Now, think about that red emotion that's been bothering you lately. Where do you feel it in your body? Put your hands on those places to show me. Good. Now, keep focusing on this wonderful place you're in, and as you take those slow, deep breaths, imagine that you are filling those affected spots on your body with that air and the calmness of everything around you. Let the tension ease out of you and go back to the environment.

Keep breathing until those spots feel calm and relaxed again. It's okay that these hot emotions come sometimes to visit you, but you can always come back this special place to help them find their way back out. Okay, now slowly come back to the room. Pay attention to how your body feels, wiggle your fingers a bit, now your arms. Feel the ground beneath you and open your eyes when you're ready.

