



A Day at the Park Nighttime

Welcome to Rosy Window Productions' Perfectly Me. A Day at the Park is a guided meditation designed to promote positive body image and feelings of wellbeing.

Guided meditations are designed to quiet your mind and relax your body. For safety reasons please do not play the following if you or anyone who may be listening is driving or engaged in an activity that requires their full attention.

Please find the most comfortable position that you can. Stretch your arms out, and take a nice deep breath. As you let out that breath, you will notice that your body is feeling more relaxed than before. You can close your eyes and look forward to feeling to feeling very relaxed, and happy at the end of this mediation. When we are finished you will feel like your mind and body have had a good rest and you will be able to settle into nice, long nights sleep, looking forward to waking in the morning feeling very rested and refreshed. Another nice breath in, and let it go, and you're feeling even more relaxed as you are listening to my voice.

Take another deep breath in, and let it out, notice how when you let your breath out, your neck and your shoulders are relaxing. Another breath as the muscles in your beautiful arms go limp like a rag doll. Just imagine all of the muscles in your strong back and chest relaxing, settling in, safe and supported. Down through your perfect stomach and strong legs, all of the muscles are relaxing as you begin to picture Gracie.

We can see that she is a happy little bear who does all sorts of interesting things. I bet you look a lot different than furry, little Gracie, don't you? And maybe some of the things that she does you can do too. As Gracie talks about her body, she is so happy that each and every part of her fits just right, and does all sorts of things, just like your body does the things that it's supposed to do. She is so happy being who she is, and even when she looks around and sees other little bears, she knows that she is just the bear she is supposed to be.

Can you remember a time when you felt just wonderful just being you? I bet there are lots of those times. As you let your mind wander, perhaps you can remember just what you were wearing, and who you were with maybe you were smiling, maybe even laughing.

Just imagine you are walking down the street. You are safe and happy just walking along, the sky is blue and the grass in front of all of the houses is a green. There are some flowers in front of some of the houses, and even a lazy cat lying in the sun on the front step of that house there. As you walk along you meet your best friend, you are so happy to see them, they are happy to see you too. Together you notice that there are some more friends just down the street and when you meet up with them they are on their way to the park. How great it will be to walk along with them. As you walk you notice how good your legs feel, they move so very



easily, and you are pleased that you can keep up. You notice that one friend is taller and one is shorter, but everyone is just having a good time. Everyone is keeping up just right and it doesn't seem to matter who is tall and who is short.

The whole group makes it to the park and there is a big round ball, it is your favourite colour, you pick it up and toss it to your friend. They catch it and toss it to another friend. Sometimes it bounces on the ground, sometimes it flies high in the air, and it doesn't matter who is bigger and who is smaller, the ball goes here and there, and everyone is having such fun.

You see the swing and go to give it a try. All of your friends find a swing too, and each pushes, and pulls, and the swings swoop high, and low, and back up again. You laugh and wave to your swinging friends and your hair blows in the wind. Everyone is having such a good time and it doesn't matter if your hair is short or long, if you are tall or short, big or small, it is such great fun, and you can do all of these wonderful things with your friends. You can let your swing slow down, and as it comes to a stop you can hop off and make your way over to the little water fountain in the middle of the park.

You see the water in the middle shoot up and tumble down over the statue, and it fills the pond around it. As you stand next to the pond you can look down and see the reflection in the water, there you are, from your toes to the very top of your head. Your strong legs that let you walk all the way to the park, your perfect arms that helped you play ball and swing, a wonderful head with great hair on top, and full of your happy thoughts. Notice how you stand straight with your shoulders back and your head held high, you just know that you are just right. You can be so proud of yourself for realizing you are just the way you are meant to be, that you understand that your whole body is wonderful. As your friends stop to look in the water, you notice that they are perfect the way they are. Everyone different in their own special way, and just like Gracie, a fuzzy bear, with all the pieces fitting just right to be a unique fuzzy bear, you and your friends have all of these wonderful pieces that fit just right to be your own unique perfect humans.

With that feeling of confidence loving your body just the way it is, you can let that wonderful image stay perfectly you. As you settle in gently for a restful night's sleep, you just know that when it is time to wake up in the morning, you will be perfectly you, rested and refreshed and looking forward to a wonderful, perfect day.

