



## An Appointment With Susan Nighttime

Welcome to Rosy Window Productions Adelaide, an Appointment with Susan a Guided Meditation to assist in alleviating anxiety.

Guided meditations are designed to quiet your mind and relax your body. Participants may find themselves very relaxed, for safety reasons we ask that you do not play the following if you or anyone who might be listening is driving or participating in an activity that required their full attention.

Find yourself a comfortable position, you may choose to sit comfortably or lie back. Place your hands on your stomach, and take a nice deep breath, try to push your hands gently outward as you breath in, and feel them settle back down as you breath out, and slowly again in, and out.

It is ok to close your eyes if you would like to and let your mind wander....your mind will hear the messages that are important and when the recording is finished you will be relaxed and move very gently into a nice natural sleep.

One more time, breath in, pushing those hands up with your stomach, and out, letting your hands rest where they are and noticing how relaxed your fingers feel warm and resting.

You may have noticed at different times, that your body feels quite uncomfortable, in different ways. Did you know that when you pay attention to your breathing, your mind knows that you can relax, and so your thoughts can tell your shoulders to relax, and the muscles in your chest to rest. Let's give that a try, breath in, and let it out slowly, did you notice how your shoulders settled down and your chest settled down?

Maybe we can try that again, only this time let's move down to our legs, first just notice what the backs of your legs are resting on. How does that feel? Supported, relaxed, now breath in, and slowly out as that relaxing feeling moves down from your hips all the way down through to the bottoms of your feet. As you continue to pay attention to your breathing, not making it deeper or slower, just normal breath, you can listen to my voice or let your mind wander.

You know that I have helped many people with feelings of nervousness or anxiety...and you know that these are normal feelings for any one of us, it is just part of being human, sometimes when we try something new, we can be excited, happy and nervous all at the same time. I bet you can think of a time when this happened to you.

Sometimes, when we have something like a get together or an exam, we can feel nervous or excited, but never should those feelings make us feel unwell, or stop us from having fun. Maybe you can think of a time when you didn't feel so good getting ready for an event, or a class at school.

Our human feelings of fear or nervousness are meant to keep us out of danger, but not to stop us from doing those things that we need to do for school or work, for fun with our friends.

One time I got a call from a girl named Susan, she was a very nice young lady, she decided that she would like to come to my office for a visit but she was nervous about meeting someone new we



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talked on the phone for a while to get to know each other just a little and I encouraged her to bring her friend along with her, or a member of her family.

Susan told me about her walk to my office and I could just imagine it as she told me her story.

It was a beautiful spring day, Susan got out of bed, she always knew that brushing her teeth and hair made her feel good, and it was a good way to look after herself. She did all of her morning washing and brushing and went to her closet. She didn't have too many clothes and she wished sometimes that she had as many as her best friend, but she was so thankful for what she had in her closet. She knew that she could find the most comfortable shirt and the most comfortable pants to wear she put them on and looked in the mirror. Looking right into her very own eyes she said, "I Love You, it will be a great day."

Now you might think that that is sort of a silly thing to do, but Susan knows that she is wonderful and that it is the best way to start the day, to love yourself, because you are wonderful and your brain listens to whatever you have to say.

Susan had a good breakfast, and after breakfast she wrote three things down that she was so very grateful for, the colour of her favourite shirt, the toothpaste that she had, and that the weather was so nice. She told me that each day she would choose three different things, sometimes big and sometimes small, but there were always things to be grateful for.

With that, she slipped on her shoes and left her house, she walked down the three steps three, two, one, and began down the pathway to the sidewalk. On this day Susan was being very mindful she noticed the strength she had in her legs and how each step down the path to the gate was very automatic. She didn't even have to think about them, her wonderful body just moved the way it was supposed to because she had done this so many times before. Her arms gently swung by her sides as she made it to the gate and opened it easily, the little wooden gate on strong hinges, with the metal flippy catch. Hmmmm, she thought to herself, all of the things she had learned that she didn't even think about: brushing her teeth; getting dressed; even walking; opening the gate so easily; amazing all of the things she knows by heart.

Susan walked down the street and as she walked, she noticed the flowers in front of the little yellow house, the lady that lived in that little yellow house, was a very stern person, and when Susan first moved to the neighbourhood, she thought that that lady really didn't like her. Isn't it funny sometimes when we think we know what other people think? Usually we don't. The lady worked on her flowers a lot and never seemed to be bothered to smile or wave. Once she was struggling to lift a flower pot onto her step as Susan was walking by, she offered to help the lady, after they had the pot just in the right place she told Susan how she lived all alone and had a hard time keeping her flowers, she told Susan all about each plant and seemed quite relieved to have help. After she would say hello, or give a wave when Susan walked by, maybe that lady just needed some help now and then but had no one to ask.

Down the street Susan walked, the sky was a perfect blue and there were birds singing. She smiled as she walked past the blue house with the big yard, sometimes the family that lived there would invite her over for a game of soccer. The boy liked to see the pictures of the holiday her family took, and she loved to share the cookies that his grandma baked, and listen to the stories of his family's hikes. They had very different families but each was so great in their own way.



As she got to the last house in her neighbourhood she saw Mr. Jalocker working on his skateboard on his front step. She always thought that Mr. Jalocker didn't like to be around kids, because he never waved or smiled, but then she found out that Mr. Jalocker couldn't see so well, so whenever she went by she was sure to holler "Hello" loudly. He looked up from his work and smiled big and waved, it made her happy, she was so grateful that her eyes worked well, and glad she knew that he was such a happy, nice old man.

Susan turned the corner and continued down the avenue, she passed a parking lot filled with all colours of cars, some were big and some were smaller, some new and shiny and some a little older. She met a lady pushing a baby carriage and the wheels made a soft sound on the pavement. The baby was sleeping in the carriage tucked in with a cozy blue blanket. Susan smiled at the mother as she passed, and the mother smiled back.

She began to think to herself what a great place she lived, the trees around the backyard, the neighbours, each a little different, with different interests and different hobbies, just like she was different from them. As she walked along she began to see how strong she was, she could play soccer with the neighbours, or ride her bike, or help with the yard work. She walked along at just the right speed and her body moved just the way she wanted it too. She knew that she could do anything she put her mind to, she had learned to do so much in her life that she knew that she could learn, anything, some things would be harder and take more time, and some things would be easier. She could plan, and if she needed help, she knew she could find someone that would help her. She had teachers at school, she had her friends and family, and they all had to learn what they do, and the things that were more difficult for them, they practiced more and got help. All she had to do was ask.

All along her walk Susan thought about these things, she thought about being nervous coming to my office, and how once we had talked, and she had prepared herself to come, she wasn't so nervous anymore. Hmmmmmm, she thought, if she is trying something new, it's ok to be a little nervous and to work at it and to practice, because everyone has to when they learn something new, sometimes you even make mistakes or have mishaps and because you know you have just begun, you can love yourself, be proud of trying and even laugh at yourself. Hmmmmmm, she thought if she is struggling to do something and she needs help she can just ask for help, use her voice and her words. Instead of feeling bad or being frustrated because everyone has to start somewhere, so people would understand and help if they can, just like she would help. Hmmmm, she thought she felt very lucky to have people to turn too if she needed help or if she just needed to talk to someone. Hmmmm she thought as she strolled along, when I use my voice to ask for help, it makes me feel better...and if I'm feeling bad and tell someone, I will feel better. Just like when the lady needed help and didn't ask, she just needed help, she wasn't mean or gruff, so lots of people would have a happier easier time if they would speak kind words to let others know what is going on. Hmmmmmm she thought, thinking that Mr. Jaloker didn't like her didn't do anyone any good. Susan realized that we can never know what others are thinking unless they tell us, and everyone has their own story which makes them very unique and if you ask questions, you get to know someone. She thought of the phone call to my office and how talking to me prepared her for her visit, she had asked questions and listened carefully, until she was not nervous to come. Hmmmm she thought, I am strong and I know a lot of things, finding my voice when I need to will help in so many ways.



Susan came to my office and knocked on the door, she came in and she relaxed as you are relaxed now. She told me all about her day and she realized how she knew exactly what she needed to know to feel happy.

She recognized that she was lovable and could love herself, she could take care of herself so her body was strong worked well. Susan realized how important it is to see how everyone is different and their situations are different, not better or worse, just different, and we can all be grateful of the wonderfulness around us. Susan looked at all the things she had learned and just knew that she was smart enough, strong enough and capable to do the things she choose to do, with a great deal of confidence. She understood that although she may not have too many people around her that she can talk to or ask for help, there is always someone that she could find that would listen and just as it made her feel good to help others, her people wouldn't mind helping her.

Susan's visit to my office was wonderful, and I know that as I told you Susan's story, you can remember Adelaide as well, Susan and Adelaide live very different lives, in different neighbourhoods with different types of families, but they are much the same as each other. If you tell your story, I bet it is similar to Susan and Adelaide.

You are strong and smart, you can recognize all of the many things that you can be so grateful for. You work hard at some things and some things come easy to you, and that's ok, I bet you can think of so many things that you have learned in your life. All of the things you can be so proud of. As you are relaxing I bet you can think of so many people that you could talk to if you needed help or if you needed to talk to someone. I just know that you are strong enough to find your voice and speak openly when you need to.

You can feel your wonderful strong body relaxing as the music and the sound of my voice fades away. You know that each day you can appreciate, your body that works just the way it should, with strength and feelings.... and as you drift off to a calm, restful night's sleep, you know that you can wake up and be alert whenever you need too or you can sleep all through the night until it is time for you to wake in the morning feeling rested and refreshed and ready to begin a bright, beautiful, wonderful new day.

