



Building Blocks Nighttime

Welcome to Rosy Window Productions' Shelly the Not So Sure Footed Stone Sheep. Building Blocks is a guided meditation designed to promote confidence and self-esteem. Through planning, perseverance, and positive self-talk, any goal can be achieved.

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

Please take a moment now to get settled in. Can you feel how all of your body is supported as you find your most comfortable position? It is so nice just to take a breath and let all of your muscles settle in and relax. There may be some sounds around you, normal sounds, and you can see, as you notice them, that they are normal sounds, so they are quite soothing, and even help to let you rest. You can notice your breathing, no need to make it deeper or slower, just notice the gentle movement as you breath, when we notice our breathing it just helps to let our bodies know that we are going to relax. You are welcome to close your eyes anytime during this story if you would like to.

As you settle in, notice how nicely relaxed your body is, with that soft breath, your mind begins to quiet. It is so nice now and then, to let your mind wander, as you listen to the sound of my voice perhaps you can begin to imagine standing in front of a great big door. It is so tall, it seems to stretch half way to the sky. As you look more closely at it, you can see that the door is wooden, and carved with fancy letters that say "Welcome." All around the fancy letters there are pictures carved in the door and you think they look like building blocks, isn't that curious.

I wonder what might be inside that room, behind this big door. As you reach out to turn the door knob you notice how easily this great, big door opens, it swings wide and you step into this gigantic room. The ceiling is wonderfully high, and huge chandeliers light the room with beautiful lights. As you look far down the wall on your left, you see huge archways, one after another all the way down to the far end. As you look down the wall on your right you see that it too has huge, tall archways built into it as well. Doesn't it look as though it is a grand ballroom, in a wonderful castle.

You can feel quite special to have been invited into this grand room, as you begin to walk into the room, you are quite excited to see that in each archway, there are statues. Behind each of statue is its very own spotlight, giving them each their very own glowing light. Wonderful, colourful statues, of all sorts of things, that one there is a knight in shining armour, with lots of gold, blue and red, you look closely at a small metal plate on the archway next to him, and you read the name of who created this bigger than life size knight. Aren't you



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surprised that it is someone you know. The next has a wild looking stallion, rearing up on his back legs, he is shiny black with a long, flowing, white mane and tail. The little plaque has a name that you don't recognize and you think to yourself that you wouldn't mind meeting that person. The next archway has a shiny green race car, with a dark blue windshield, and bright red tail lights, and no name on that sign at all, just the words "start at the beginning." Each archway holds a different and unique statue, and each has a sign, "one step at a time," "stick to it," and "picture your goal."

You just can imagine the imagination, the planning, and the persistence that would have gone into each statue. You can look at the one that is next as you walk along that smooth tile floor, you are excited at the next one, perhaps you can imagine being able to create your own statue, for the next person to admire. One after another, each as amazing as the next, you pass these statues, admiring them each of them as you pass the archways, and those wonderful words of wisdom. Begin at the beginning, one step at a time, stick to it, until the last one you read says "I am so proud of me."

Down the length of this wonderful ballroom you stroll, until you reach a huge white sheet, it seems to be covering another statue. A long, golden rope hangs down from the ceiling with a note attached. "Pull Me" it reads. You smile to yourself just knowing that that note was meant for you, and so you grasp that rope and give it a good solid tug. The sheet sweeps upward and disappears up into the ceiling and there, right in front of you is an enormous pile of building blocks. Curious, you think to yourself, and then you realize that all of the statues are made from building blocks.

You look around and there at the end wall is a wonderful huge archway, it has its own glowing light, it has its own little metal plaque already hanging with your name on it. I wonder what creation you could picture in your mind, as you look at that huge pile of tiny building blocks, with all of the bits and pieces, all sorts of colours, all kinds of shapes, corners and curves. Can you imagine what sort of statue you would build? Let that picture come into your mind, and so you have that as your goal, your very own statue in the arch that is waiting there just for you. You begin to think of other times that you have snapped those pieces together, making smaller models, so you can say to yourself that you already know how to do this. You begin to plan with that picture in your mind. You can smile to yourself because you began at the beginning, just like the sign said.

With your goal in your mind, a vivid picture of your perfect creation, you begin to sort the colours, the colours you will use and those that you won't. This seems to be a pretty big task, but you can smile to yourself, all the while thinking step by step, and remembering other big jobs that you have done. Sometimes it was helping someone else reach their goal, and sometimes it was a project that you completed on your own. As you sort those colours, you can remember feeling so happy and proud of yourself as you worked toward that goal, finishing that project.

Thinking those proud thoughts, soon the sorting is complete, and with that picture in your mind, you begin to build. Aren't you so pleasantly surprised how quickly your project begins to take shape, and although some of the corners and curves take a whole bunch of tiny pieces, and this gets a little tedious, you smile to yourself as you know that you are very persistent and you know that you will persevere right to the end, you will stick to it.



As you snap each piece in, one step at a time, sometimes taking one out and replacing it with another, until it looks just right, you might think of all the practicing Shelly did, she stuck to it too, she planned and practiced, and she even pictured in her mind just what it would feel like when she was finished. She took pride in her practicing and every step of the way, she just knew she could do it. Just like when you begin at the beginning, just like when you imagine what getting to a goal will feel like, and just like you can be so proud of yourself each step of the way.

On and on, you click and snap, sometimes you take a break and walk around that great ballroom, admiring the other work. Sometimes you see something that you think is really cool, and you can adjust your plan a little. You notice that many of the signs don't have any names, they just say "I know I can," or "I am so proud of me," or "I stick to it," and "it is just as I wanted it to be." What will you put on your sign, you wonder, and after a break you always return until you have a wonderful statue, brightly coloured, tall and absolutely amazing.

You can feel so proud that you started at the beginning. You can feel so proud that you planned and kept going, step by step. You can remember how great it felt all the way through as each piece of the project was put in place. Feel that feeling of pride, from the top of your head, all the way to the bottoms of your feet, you can stand back and admire your finished project.

Can you imagine how Shelly felt standing on top of that mountain, not only proud of getting to the end, but so proud of all that she had done to get there. You just imagine, how wonderful she felt that knowing that any goal she wanted to get to, she just knew she could plan, persevere and do what she needed to do to get to that goal.

Isn't it wonderful to know that you can do. Plan, begin at the beginning, take one step at a time, persevere, and just know that you can get to any goal you choose. Isn't it wonderful to know that you can work, and learn, and be so proud and happy, so excited as you see your goals come to life. How great it is that you have people around you that would help you if you need help, but to just know that you have the stick-to-it-ness to get to your goal.

With that feeling of pride for all of the things you have completed in the past, and confidence that you have in your ability to move toward goals in the future, you can feel more and more relaxed as you settle into what is going to be a peaceful and refreshing night's sleep. One last look at that great creation, it glows from the light in the archway. The feeling of confidence and pride that will stay with you so in the morning, when it is time for you to wake up, you will be so refreshed and rested that you can look forward to a wonderful new day with confidence and pride in what you do.

