



## Everything Under the Moon Nighttime

Welcome to Rosy Window Productions' No Monster Stew. Everything Under the Moon is a guided meditation designed to assist in dispelling a fear of the dark.

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

Have you ever wondered why sometimes kids are afraid of the dark? Maybe that has happened to you when you were younger, just like that little girl in the story, letting her imagination paint pictures of what the noises might be in the kitchen, or letting her thoughts think strange thoughts about her things in her bedroom. Sometimes that can happen to children, like when I was a child, or maybe even when your parents were younger, but you know, all that changed when someone told me that my imagination belongs to me, and all that changed for that little girl in the story, when she realized that her thoughts were her thoughts. You can choose your thoughts and you can choose where your imagination will take you. Isn't that so cool.

Let's take a moment to get settled in and relaxed, you can just find the most comfortable position to be in, you can even close your eyes if you'd like. Notice the soft music playing in the background, the sound of my voice, and take a nice breath in, and out. When we notice the sounds around us, and when we notice our breathing, how peaceful and calm it is, our body knows that we can relax, and our thoughts can slow down as well. As you are listening to the soft music and my voice, you can follow in your mind the story I'll tell you, as you become more and more relaxed.

Notice that next breath, gently breathing, as your shoulders and arms relax, this is a wonderful restful time to practice taking our imagination where we would like it to go. The muscles in your neck can relax, and all the way down your back, through your legs, and right to the very tips of your toes, this is a wonderful relaxing time to practice directing our thoughts where we would like them to go, and I bet that you will be very good at this, you have such a great imagination.

You know that each morning when we begin to see the sunshine, brightening the horizon, its beautiful rays begin the new day for all of us, roosters crow in the barn yard, birds come out of their nests after a good night's sleep, children wake up and get ready to go to school, or to play, or to do their morning chores. Adults will begin their daily routine too. Farmers begin work on the farm, city streets become busier as the stores and restaurants begin to open to welcome happy customers, even the flower blossoms open to greet the new day.



The sun holds her place, she is steadfast and smiles down as the earth turns below, she brings the morning to each new place as it changes in front of her, she smiles down, she is proud of beginning each new day for everyone, and everyone is so happy to see her in the morning. All day long the sun shines down and watches all of the activities that are carried out throughout the day. She shines on your home and notices what colour it is, she sees where the school is and where the playground is. All of the people that go into the grocery store, and stop to pick up the mail. She giggles as she notices the antics of the puppies at the dog park. As the earth turns slowly we see the sun move across our sky, as the next place gets to begin their day, and the next, and the next, and soon the sun is will be out of sight until it is our turn to see her beautiful rays again.

Now as you know, the moon watches over us too, it revolves around the earth, keeping a close eye on all that is happening at night. This is a big job for a moon that is so small and at first, she did not know how she would manage, you see the moon does not have its own light, the generous sun reassured the moon, and loaned the moon some sunshine to help her see throughout the night. That was all very well and good, but over time the moon felt as though when it was daytime in one place, that the nighttime places were changed somehow, that things were different. She felt as though she was missing out on something. Now you know that the sun and the moon are very good friends, perhaps even best friends, and you know when something is bothering you, it is best to speak directly with your friend about it, and that is just what the moon did. She mentioned to the sun how everything was so different at night, how everything changed, and that it just wasn't right, for her to never see the daytime. The sun smiled a bright smile, and invited the moon to visit during the day, so as the day began the moon tagged along.

All day long they watched all of the activities that were carried out throughout the day. The moon looked down at your home and noticed what colour it was, she saw where the school was and the playground. She noticed all of the people that went into the grocery store, and stopped to pick up the mail. She giggled as she noticed all of the antics of the puppies at the dog park. But what the moon noticed most of all was that nothing really had changed that much, everyone was busier, doing their daily routine, but the houses were the same colours, the school was right where it was, and it was the same distance to the playground. The dog park even looked the same, even though there were lots of puppies there. Farms and trees, city streets and country roads, they were all just the same. The moon even looked into some houses that she had shone moon beams into, and noticed that everything was the same as when she had checked in on them at night, safe and comfortable, cozy and safe.

Well, the moon thought, everything is the same in the day and in the night. Everything is the same in the light and in the dark. The sun smiled her wise smile, and let the moon know how important her job was at night, to shine moonbeams for those that must find their way in the night. To give a soft light as everyone gets the rest they need. To check in here, and there, reassuring everyone that the sun's rays are never too far away. The moon was so pleased and took her place watching over the restful nights, just knowing that everything under the moon is the same, you may notice that every now and then she shows up during the day, to be sure everything is as it should be.

How wonderful it is that you can just imagine the moon being reassured that everything is the same in the night as in the day, it is so great to let your thoughts dream of the moon knowing that everything is the same



in the dark and in the light. Mostly it is so amazing that you can direct your thoughts peacefully and calmly to whatever story you choose. Isn't it great that you can think about things that you've done, places you've been, if you choose to. Isn't it great that you can let your imagination wander, but always knowing that you are in control, to direct it to happy wonderful things, places, times, people. Your imagination, your thoughts, your feelings, you are in control.

Soon it will be time to settle in for a very good night's sleep, safe and comfortable. I know that you can practice shifting your thoughts and imagination, so whenever you need to lift your mood, relax your body or calm your mind, you will be able to so easily. You know that you will have such a relaxing rest, cozy and safe, that in the morning, when it is time to get up you will be refreshed and ready for a wonderful new day.

