



## Falling Flakes Nighttime

Welcome to Rosy Window Production's Never Cry Boy. Falling Flakes is a guided meditation to promote honesty through celebrating relationships.

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 recording if you or anyone who may be listening is driving or engaged in an activity that required their full attention.

Take a moment to find a comfortable position, take a nice deep breath in, and out. If you would like to shift a little, you can take a moment to settle in. A nice deep breath in, and out, you are welcome to close your eyes if you would like, and just relax.

You can let your mind wander and imagine what it would be like to be walking along a beautiful path. Each side of the path has soft round banks of sparkling snow, even if you have never actually been where it snows, you can imagine what that soft, white blanket might look like. You can hear the crunching beneath your feet as your boots walk on the path. As you make your way along the trail, you can see that the trees are covered with snow, like icing on a cake, decorated with a shiny white, and you take a breath.

Notice that fresh new flakes are beginning to fall and as they gently touch your cheeks, you can feel your face begin to relax, there are tiny flakes resting on your shoulders and arms. Another breath as those muscles relax. Each flake that falls around you feels so quiet, and calm, and relaxing. They fall on your shoulders and you feel all of those muscles soften and relax. Notice them on the front of your warm cozy jacket, and feel them on your back. Calm and quiet, safe and comfortable, your whole body can relax. Those wee tiny snowflakes gently fall on your thighs and knees, helping you rest and relax, getting more comfortable, and more comfortable.

Notice the flake that has landed so lightly on your fluffy mitten, and the other right beside, you might have thought that all snowflakes are the same, but as you look closely you can see that each one is different, sort of the same, but unique and perfect. Each has their very own pattern, just like you are unique and perfect, kind of the same as your friends and family, but different in your own way.

Maybe you think about Tollak roaming around like a wee small snowflake, all by himself in a very large forest, and maybe you can see that he is unique, and special, and it is ok to be alone now and then, but isn't it wonderful to be honest, to share in fun and food. One small snowflake is so special and unique, but how each can be part of shelter and comfort.



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As you stroll along admiring those beautiful flakes falling all around you, can you imagine the long, white winters that Tollak might have spent with his family, warm and cozy in the den, or making fresh tracks in that blanket of white. How much fun he and his sisters and brothers might have had, chasing through the new snow, or catching flakes on their tongues. And how lonely he must have been, alone, with the quiet of a winter night, in a den all by himself wishing that he would have just been honest and trustworthy.

Now you know, just as well as I do, that when someone is dishonest they don't have to spend all of their summers and winters alone. You know that they will have someone to take care of them, and help them, but can you see how if Tollak would have been honest he would have had lots of friends, he would have been invited into the big den when the winter nights were cold and dark.

Imagine your hands in nice warm winter mitts, they are your favourite colour, and when you find that perfect spot along the path, where the snow is just right, you can make a little snow ball with those warm mittens. Set the snowball on the new snow and roll it along. It gets bigger and bigger as it collects the layers of snow, and when it is just the perfect size, you can stop. As you think about Tollak not sharing fun play with others you start another ball of snow. And you begin to think of those little tiny snowflakes all so small by themselves as the ball gets bigger and bigger. Tollak was just one small wolf, all by himself, hunting to find food, and a wolf alone doesn't get to eat very good food without the pack to help.

As you roll it along until it gets to the perfect size, you see your best friends coming through the snow, just in time for them to help you can pick it up and it fits just right on the first one. As you begin one more little snow ball, rolling it along on that new white blanket of snow, your friends begin great snow balls of their own, and everyone is excited to roll these snow balls until they are great big. You can roll yours until it is just the right size, and you get help to place it right on top of the other two.

Helping each other with more of these big round snow balls, all being put together and stacked, it is such fun in the snow, and more friends show up to join in. You think of Tollak's day at the pond, and how it would have been such fun for him to join in with the others, but he chose to be selfish and dishonest, and did not have such a wonderful time as you would have with your friends.

See all of these snowballs stacked together, you have taken all of the very small snowflakes and bound them together to make your wonderful snowmen, and all your wonderful friends have helped to make a whole row of snowmen. As they all stand in a line, they shelter you from the wind so you can place their hats on their heads. Carefully you place their button eyes just where they should be, next you can fasten a nose, and then fix a mouth. All sheltered from the wind laughing, and talking, and sharing this good fun with your friends. The scarf for around your snowman's neck does not blow away as you are so sheltered, and you can fashion two arms from some branches that you have found. Look down the long line of snowmen. Each snowman began from one tiny unique flake, and together you can see what has been accomplished. Each snowman decorated as differently as your friends are different from each other, but together they make such wonderful shelter from the winter wind.



Maybe you think about Tollak roaming around like a wee small snowflake, all by himself in a very large forest, and maybe you can see that he is unique and special and it is ok to be alone now and then, but isn't it wonderful to be honest, to share in fun and food. One small snowflake is so special and unique, but how each can be part of shelter and comfort.

You can be so proud that you are special and unique, and you can enjoy spending time on your own. You are honest and trustworthy so you have wonderful family and friends that you can share with, work and play, enjoy food and fun together, and always find comfort and security, as you can be trusted with honesty and sincerity. You can be so proud of yourself that you are kind, and honest, and caring. You just know that you enjoy the company of those around you that are honest, kind, and caring as well. Isn't it wonderful that you have those friends and family that are so sincere.

As you begin to say goodbye to your friends, you admire all of the snowmen along the path and begin to make your way back the way you came. As you hear the crunch of the new snow beneath your boots you can feel that wonderful energy moving up through your feet and legs. You can be so happy that you have the family that you do, and the friends that you do, each different and unique in their own way, but knowing that together with honesty and sincerity, with kindness and integrity, that you can be part of something so much bigger. What a wonderful community you are part of.

As you watch those wonderful, tiny snowflakes falling quietly, gently calmly, your whole body relaxes, gently into a wonderful night sleep. You can be so proud that you are honest, and kind, and caring, and that you can share so many things with your honest, and kind, and caring family and friends. You just know that when it is time for you to get up in the morning you will be so refreshed, full of energy, that you will be ready to begin a wonderful new day.

