



Imagine If Maybe, You Had A Cloud Daytime

Welcome to Rosy Window Productions' Imagine if Maybe You Had a Cloud. This Guided Imagery is designed to encourage relaxing and refocusing.

Guided imageries 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 anyone who may be listening is driving or participating in an activity that requires their full attention.

Imagine if maybe, clouds are magical and you can choose a cloud of your very own. Will it be wispy, or big and bubbly? Will it be sailing quickly on the wind, or moving along so slowly?

Imagine if maybe, you cloud can be whatever colour you choose. Will your cloud be white and bright, like on a sunny summer afternoon? Perhaps it is pink or orange, like when the sun is settling down, down on the horizon and painting the sky with the last light of evening. You know that it is your cloud and it can even be your favourite colour, like purple, or blue, or green.

Imagine if maybe, you can sit or lay on your cloud and it seems to fit you just right. Your cloud is not too hard or too soft. You can close your eyes as you rest the back of your head on your cloud pillow. Your head can settle down on the cloud and then you can notice how your neck fits, and settles in, and even your shoulders are relaxed, and settled.

Imagine if maybe, your cloud smells like your favourite smell. Will it be flowers? Or perfume? Does it smell savory like spaghetti sauce, or sweet like apple pie? When you breathe in through your nose you can almost notice that smell. If you say "Mmmmmmmmmmmmmmmmmmmmm," your cloud just seems to get softer, and more comfortable. Say "Mmmmmmmmmmmmmmmmmmmmm."

Imagine if maybe, clouds are quiet happy to make you comfortable. Perhaps when your cloud hears you say "Aaaaaaaaaaahhhhhhhhhhhhhhh," it wraps itself around you. Say "Aaaaaaaaaaahhhhhhhhhhhhhhh." You can feel yourself sink in just a little bit, your shoulders can settle down, down, a calm feeling moving through your back, and down into your hips. Your cloud wraps itself around your legs, settling down past your thighs, and your knees, down past your calves, and ankles. It may even be kind of ticklish on the bottoms of your feet. You might just need to wiggle your toes a little before they settle in.

Imagine if maybe, clouds are funny things, and they are even more comfortable if they think you are sleepy. You can stretch out your arms as far as you can, and yawn a big yawn. Then let your arms rest on your cloud right to the very tips of your fingers. Quietly resting there on your very own cloud, I wonder what sights you will see? You might see a bird flying way above you, playing on the breeze, or maybe the bird would sit next to you to rest its wings.



Imagine if maybe, you look down and see what is going on in a farmer's field, or in a small town. You might just like to have a look at big city streets, and move among the tall, tall buildings. Is it summer, or winter? Perhaps it is spring, or maybe you see lots of autumn colours.

Imagine if maybe, you can see other clouds floating along with you. Some are going slowly, and some are moving a little more quickly. Some clouds are all on their own, and some carry people that you may know, resting and relaxing as they drift by.

Imagine if maybe, to navigate your cloud, to make it go just where you want it to go, you can simply move one hand and touch it to your shoulder on the opposite side, and your cloud will move carefully downward. You can try that now.

It is time to head back and you turn your cloud around. Getting back through the door just takes your other hand touching your other shoulder, and there you go. You will bring yourself back to where you started by reaching across your body and touching your opposite knee. Now your other hand to the other knee and you notice that your cloud has become brighter.

Imagine if maybe, a stretch of your whole body makes your cloud brighter still. Next, a wiggle of your fingers and toes and your cloud quietly slips out of the room. You smile, knowing that your cloud is headed to the cloud parking garage, where it will wait to see where it might take you next time. Perhaps next time you will see mountains, or pyramids, dinosaurs, or elephants. You just know that it your very own cloud and it will take you whenever you want to go.

No matter where you go or what you see, whenever you take a ride with your cloud, it calms your mind, focuses you thoughts, it relaxes your whole body, and leaves you feeling refreshed.

Now feeling calm, focused, relaxed, and refreshed you are ready to open your eyes and continue with a wonderful day.

