



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 your thoughts, it relaxes your whole body, and leaves you feeling refreshed.

Now feeling calm, you can drift off to a wonderful night's sleep and just knowing that when it's time to wake up in the morning you will be rested, refreshed and looking forward to a wonderful day.

