



## Imagine If Maybe, You Had An Ocean Daytime

Welcome to Rosy Window Production's Imagine If Maybe You Had An Ocean, a guided imagery to assist in understanding, and managing emotional self-regulation.

Guided imagery is designed to relax your body and quiet your mind, for safety, please do not play the following if anyone who may be listening, is driving or engaging in an activity that requires their full attention.

Take a moment now to get comfortable, sitting or lying down, notice the soft rhythm of your breath as you let your whole body relax. You are welcome to close your eyes whenever you would like, and just Imagine if maybe you are standing on the beach. You can feel the warm sand beneath your feet. Perhaps you can wiggle your toes until they wiggle down in, and are covered by soft, warm sand. You close your eyes and sigh as you enjoy the feeling of warmth on your feet.

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Imagine if maybe, as you stand looking at the perfect blue sky, you can feel the warmth of the sun on your skin. Perhaps you notice how blue the water looks. You take a deep breath, and your whole body begins to relax, as you smell the salt of the ocean air.

Imagine if maybe, you see the water stretched out before you, for as far as you can see, the water is calm and peaceful with only a few ripples, and the reflection of the blue sky. Perhaps you notice how soft the waves sound as they lap up along the beach. The water rises and recedes slowly, calmly, quietly.

Imagine if maybe, as you are looking out over the water you start to think about a time when somebody said something to you that you didn't really like, or maybe a time when your best friend didn't agree with you. Perhaps you notice that the water of the ocean begins to ripple, and small waves rise. The more you think about that time, remembering the words, and the feelings, the more the ocean continues to change. The sky above grows darker with clouds and a cool wind begins to blow.

Imagine if maybe, as you recall that time, you think about how your friend is always your friend even though you don't always agree. Now you notice the ripples on the ocean begin to smooth. You notice that, as you realize that you don't always have to agree, the sky clears. You know that you can have such great discussions, and it is fun to hear other people's ideas. The sky brightens and you take a nice, deep breath.



Imagine if maybe, the calm is interrupted when you remember a time when there was something you really wanted to do. Maybe it was to watch your favourite show or go out to be with your friends, but your parents decided it was time to do chores. Perhaps you see the ocean waves beginning to rise and the sounds of the waves grow louder. You remember how you felt deep, deep down inside and the dark clouds move in from the horizon, filling the sky. You listen to the waves getting louder, and the sky continues to darken as you think of how busy you are with school, and all of the chores you do.

Imagine if maybe, the sounds of the waves grow quieter as you begin to think of all that it takes to live in your house, cooking, cleaning, buying groceries, and paying bills. Perhaps you might even think about how busy everyone is at your house, and you start seeing yourself as part of a team.

The waves calm to ripples as you take a deep breath and relax, because you understand there is a time for chores, and a time to play. You notice how as you think of getting chores done when they need to be done the clouds drift away, and you feel proud of doing what you do very well. How proud you are of the part you play, and the contribution you make to keep things running smoothly.

Imagine if maybe, the water rises when your mind wanders to a time when you said something very serious, and everyone laughed. Or maybe it was a time when you tripped or dropped something, and everyone looked at you funny. Perhaps you can feel the heat in your cheeks or a knot in your stomach, and notice how the ocean wells up, the waves crash and the wind blows, and black clouds cover the perfect blue sky.

Imagine if maybe, you realize that such an event might feel big to you at the time, but you know that it really isn't that big of a deal. You know that no one else gives those moments a second thought, just as you quickly forget when those things happen to someone else. Perhaps you can smile to yourself knowing that you don't need to take those times so seriously at all. Those things happen to everyone and from now on, you can easily let these moments pass, just as you do when they happen to others. With that thought the wind dies down, the clouds brighten, and the waves slide back out into the ocean leaving the calm, bright water reflecting silvery clouds.

Imagine if maybe, feeling settled and calm, you take some time now to enjoy the beautiful view. As your gaze wanders, you notice someone standing on a faraway shore. They are small in the distance, but you can see that they have their very own ocean stretched out in front of them. Perhaps their ocean has giant waves crashing, and black clouds fill their sky. You notice that the edge of your ocean is touching theirs, and yours begins to ripple and churn.

Imagine if maybe, at that moment you understand very deeply that their ocean is their ocean, and your ocean is your ocean. Their ocean does not need to have any effect on yours. Perhaps it is at that very moment that you understand very, very deeply that you are the master of your ocean all of the time. You take a breath, and watch how the silvery clouds wisp away, far away to the horizon, leaving a perfect blue sky. Your whole body relaxes as you understand. Your ocean is calm and smooth now.



Imagine if maybe, you send wonderful calm thoughts to that person. You know that they must be having a hard time. Perhaps when you send those wonderful warm wishes you notice how the water in front of you seems to catch the light of the sun. It seems as though a million diamonds are sparkling and twinkling back at you.

Now take a breath and feel refreshed. You know that you have a deep understanding that no matter what is going on around you, no matter what others are doing, or saying, you can control your thoughts. You are the master of your ocean.

How nice it is to hear other people's ideas, and to know that they are just as important as your own. How terrific it is that you are part of a team, at home and at school, sharing in both work and play. How wonderful it is that you know how to think things through, and keep your ocean calm, and your skies bright. You can be very proud that you can calm your ocean, clear your skies, and add sparkles whenever you choose.

Notice how blue the water looks, and you can take a deep breath, and smell the salty ocean air. You can stretch your arms as far as they can reach and open your eyes. As you stand looking at the perfect blue sky, you can feel the warmth of the sun on your skin. With another breath, you can wiggle your toes until they wiggle up out of the soft, warm sand. Feeling refreshed and relaxed as you open your eyes, you know that you can look forward to a wonderful sparkling day.

