



Island Adventure Nighttime

Welcome to Rosy Window Productions My Super Wicked, Awesome Family. An Island Adventure is a guided meditation designed to help promote feelings of gratitude for the people and wonders that are around us.

Guided Meditations are 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 engaged in an activity that requires their full attention.

Please take a moment to find a comfortable position. When you are ready you can close your eyes, if you'd like to, and notice your breathing. You don't need to make it slower or deeper, just notice the gentle rise and fall of your breath as you mind and body begin to relax. Notice the comfortable feeling you have as you are completely supported. You can let your body just relax, all of your muscles are supported, and you may notice a wave of relaxation that begins at the top of your head, it moves down through your neck and lets all of your muscles rest and relax. Your shoulders relax as it moves down through your arms and to the tips of your fingers. As the wave began at the top of the back of your head, it can begin again at the top of your forehead, moving down over your eye, and cheeks, mouth, down through your jaws, and into your neck. It is wonderful to let your whole body relax as that wave of soft relaxation moves down through your body. And further to your legs and all the way to the very soles of your feet.

As you relax perhaps you can picture in your mind that young boy who dreamed of his family being different from who they actually were. It is so wonderful to day dream, to use your imagination, and to even play with stories of adventures and far-away places. Just like the boy in the story, we can imagine what things would be like if things were different, but the best part about our imagination, our minds, and our memory, is that they are ours. We can direct the images that we imagine like a director of a movie, isn't that great!

So as you rest and relax imagine that you have just received tickets for a wonderful holiday adventure. As soon as you see that ticket you notice the printing on it, it says in big bold letters that you are going on an island adventure. You can hardly believe your eyes, and as you look closely at that ticket you begin to smell a hint of salt in the air, you begin to hear sea gulls, and as you look up you realize you are on the island! Take a nice, deep breath, and smell the salt air, you can kick off your shoes and socks, and wiggle your toes down into the warm sand. Now there you are, walking along the sandy beach, the sky is bright blue and the sun is warm. You notice the sails of boats on the water, you see some people with snorkels looking at the fish in the water. You see in the distance an amusement park, a big Ferris wheel with all sorts of rides around it. What a great island this is, lots of things to do and see.

You could decide to look at the fish first. You find yourself walking out into the clear, cool water. Looking down into it you see brightly coloured fish, you smile and think of that one person in your family that would just love the lively darting fish with their brilliant colours. How nice it would be if they were here with you.



They always get excited when you show them something fun or new, and you let your mind wander to the time that they were so excited looking at things with you. You can remember that time, it sure is nice to have someone like that to get excited with. How grateful you are for them to share that excitement with you, it doesn't matter where you are or what you are doing they are always excited for you and with you. How grateful you are to have them in your life, just the way they are.

As you leave the fish and make your way toward a beautiful sail boat, notice that it is waiting there just for you. You climb aboard and begin to sail out in the ocean, the wind makes the sails flap and you feel the breeze in your hair. You are enjoying the ride and watching the bow of the boat cut through the water. As you relax on the ride you think of that person you know that is always so great at adventures. How nice it would be if they were there with you. How they would like to share this trip. Your mind wanders to a time that was the very best. They just know how to get things going and enjoy every activity that they get to do. You remember that best day ever, maybe they are good at helping you fix things, at making everything more enjoyable. They love adventures, big and small. It doesn't matter where or what you are doing, they are always happy to come along, or to invite you. How grateful you are that they are just the way they are.

Your boat takes you around the corner of the island and pulls up to the dock, a long boardwalk that takes you right to the amusement park. You can step onto the boardwalk and stroll along. Look at all of these wonderful rides. You can choose the one that is just right for you. The music is playing as you take your seat and buckle in. It begins to move slowly and you smile to yourself, that person that you know that always makes you feel safe comes to mind. You are safe and comfortable on this ride, but it would be so much more fun with that one person with you. Anything that you are doing, or feeling, they always make you feel safe and loved. Let your mind wander to a time that you were with that person. Maybe you were trying something new, or were going somewhere for the first time, and just knowing that person was there, their words, their voice, made you feel more relaxed, safe and comfortable. You take a deep breath and relax as you feel so grateful that they are just the way they are.

Soon the ride comes to an end and as you look down at your hand, you notice that the ticket you hold is for home. You have had such fun on this island, but it is so much more fun when you share it with those special people that you have at home. You could visit this island again but it is always good to get home, and as you look up you see the familiar colours, notice the familiar sounds, and best of all the familiar faces.

All of those friends and family that have their own unique ways about them, none the same, but all so important, and just like the boy with his own super, wicked, awesome family you too realize how wonderful it is that you can appreciate each member of your own family. Your mind and your memory is yours to play with and you can remember such loving, comfortable times with each person. Those are the times you can be grateful for. Those are the movies that are so great to play back in your memory. You can be so grateful for all that you have, big and small. The people that you have, just the way they are, your home, your school, and your friends, just as they are grateful and happy that you are part of their lives. You can be so proud of yourself that you recognize how important they are, and how grateful you are for all of those people, each different, and special in their own way. You can be very proud of yourself that you practice gratitude each and every day, for all of those people and for all of the wonderful things you have around you. You can be very



proud of yourself that you practice gratitude that makes you feel so good, and makes those around you feel so good too.

Now you can relax, take a moment to let your mind wander into the best memories that you have. A nice deep breath and as your body gently relaxes into a deep, wonderful sleep, you just know that when you wake up in the morning, full of gratitude for all that you see, noticing the good things around you and the very best things about the people you have in your life, you will be so refreshed that you will look forward to a wonderful day.



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