



Mr. Jalocker

Listening to Nature's Signals

Nighttime, Guided Meditation Transcript

Although most children enjoy a dry bed all night shortly after day-time potty training, many struggle with bed wetting even until their early teens. This meditation reminds the subconscious that the signals we notice during the day are still present when we sleep, and we can wake and act upon those signals that need our attention during the night.

We cannot stress enough that there are medical reasons that may have an impact on a child's urination control and frequency, please consult your medical provider to be certain that there is not an underlying health issue related to a continuation or re-occurrence of bedwetting. None of Rosy Window Productions products should take the place of the recommendations of your health care provider.

Welcome to Rosy Window Productions, Mr. Jalocker, *Listening to Nature's Signals*. This Guided Meditation is designed to assist with ending bedwetting.

Guided meditations are designed to relax your body and quiet your mind, for safety, please do not read 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, notice the soft rhythm of your breath as you let your whole body relax. You can close your eyes whenever you would like.

Can you think of a time when you were so comfortable that all of your muscles just relaxed? Maybe you were watching a really good movie, or listening to your favourite music. Maybe you were outside in the back yard, or out in the forest. It is wonderful that we are all different, we enjoy different activities, different food, we even have different favourite colours. There are so many things that make us each unique and so many things that make us very similar too.

Sometimes we can do things on our own and sometimes it is great to have some help, just like in the comic, *Mr. Jalocker*, he needed a little bit of help.

As you can imagine Mr. Jalocker had quite a dilemma, he just didn't hear his body when it was time to stay awake. Poor Mr. Jalocker, missing out on such important things, on so much fun. Isn't it wonderful that Mr. Jalocker had such wonderful friends to help him?



Can you imagine walking down the street on a cool autumn day, the leaves on the trees in the yards are all changing with the season; they are orange, and red, some are yellow, and some still have a hint of green. They are brilliant and look quite outstanding against the clear, blue sky.

You just know that the trees are getting ready to shed their leaves, getting ready for winter. Imagine what would happen if the trees didn't notice it was getting colder? Or if the trees didn't notice that the days were getting shorter as winter approached? How different it would be?

You would be just walking along on that street, and all of the leaves would be hanging onto the trees, green, just like in the summer. You would notice how beautiful they looked against the clear, blue sky, and then as you noticed the days getting colder, maybe you would notice how green leaves would droop as they began to freeze. Clean, white snow would begin piling onto the branches that were full of leaves, and the branches would bend, lower and lower, to the ground. Bending until they would almost break. Maybe a friendly chipmunk would have to come and whisper in the tree's ear, quietly telling that tree that it was time to sleep. Maybe you would go a pluck the leaves from the tree so the snow would not pile up so high, the branches wouldn't bend so far.

Isn't it wonderful that the trees just notice when it is time to sleep, and that they prepare for the long, winter by changing the colours of their leaves, so we can enjoy those beautiful autumn colours? And so, all of the leaves can drift off on the wind, and the trees can sleep all winter long.

As you walk along the street, thankful for the trees noticing when it's time to get ready for winter, you notice a sneaky, quick bunny, nibbling next to a garden patch. He is the niftiest little fellow, with long ears and a quick twitchy nose. You can see that his brown fur is changing, with white patches around his feet and on his belly. Winter is coming, and soon he will be snow white, easily hidden from the fox that would have him for lunch. Can you imagine if he didn't notice it was time to change colour? He would be dark brown on the white snow, he would never be able to hide.

Maybe the snowy owl would need to lend him some white feathers to hide in, or maybe you would need to fix his hair with some crazy hair colour to turn him snow white. How would you ever catch him, and how would you ever talk him into letting you dye his hair? You are so pleased that his body has noticed that it is time to change.

You can smile to yourself as you stroll along looking at all of the wonderful sights there are to see on this street, with the nice fences and the porches on the front of the houses. You can see a nice gentleman out in the garden, he is harvesting all the vegetables that will taste so good this winter. You imagine he will put beets in jars, and potatoes in the pantry. It is so perfect that the plants in the garden notice when it is time to make vegetables.



Isn't it wonderful, you can think to yourself, that all the things in nature notice when it is time to do something; the trees, the rabbit, the vegetable plants, all responding to signals?

In the comicbook, Mr. Jalocker needed his friends to help him notice when it was time to be awake. Just like the wee little turtle, and his friendly cat helping Mr. Jalocker notice, this is a reminder for your thoughts to notice the signals that your body is sending to you. During the day, or even at night when you are sleeping.

All during the day, our body lets us know what it needs, you notice the signals sometimes quite easily. If you need to put a jacket on, or take your jacket off, because you are too cold or too warm, you notice easily. You might be running, or riding your bike, and your body might let you know that you need to slow down to catch your breath, you notice that signal too. If you are hungry, your stomach signals that you need something to eat. When you need to use the bathroom, you notice that signal, without a doubt. Maybe your eyelids feel heavy or you might yawn, and you would know that that is a signal that you need to sleep.

When you are sound asleep, you are still getting those signals. If your body is getting too warm, you may push the blankets off and you don't even need to open your eyes, that is something that you can do in your sleep. If you are too cold in the night, your body gives you that signal and you can pull the blankets up, without even opening your eyes. Even if you have slept all night long in one spot and your arm or hand or neck get uncomfortable, the signal goes to your thoughts and you move, and don't even wake up.

All of these things are so wonderful and perfect, just like you are. You know that you can also have signals in the night that you will need to wake up for. When you go to bed, you just know that if you have to go to the bathroom in the night, it is easy to notice, just like you would during the day. You can wake up and go to the bathroom. That signal in the day is noticeable, and now that you know that you can get that signal while you sleep, you just wake up when you need to go to the bathroom. Once you go, you can go back to sleep so very easily. How wonderful it is to look forward to a good night's sleep, warm and cozy in your bed and just knowing that when you wake in the morning your pajamas and your bed will be warm and dry.

How great it is that all you needed to do was to remind your body that you hear all of those wonderful signals, and that it is just perfect that you notice the bathroom signal just as much in the night as you do in the day. You will notice that signal and wake up easily to go to the bathroom. You are so proud of yourself that you can respond easily and have wonderful dry night sleeps.

Isn't it so fantastic that everything works the way it is supposed to? You know that you will have wonderful restful nights in a dry bed, because your body is perfect and sends those wonderful signals at night and during the day. How easy it is to wake up and go to the bathroom when you need to.



Just imagine going to bed at night, confident and sure that you will wake up when you need to go to the bathroom. And just imagine waking up in the morning and giving a nice big stretch in your warm dry bed, feeling as though you have had the best night's sleep ever.

With that thought, you can let your body settle deeper, and deeper into your bed. You can let all of your muscles relax as you drift off to a wonderful night's sleep. You can feel confident that any signal you get that needs you to wake up, that you will wake easily. When it is time to get up in the morning, you will wake up in your warm, dry bed, feeling refreshed, and looking forward to a wonderful day.

