



Nature's Babies Nighttime

Welcome to Rosy Window Production's Baby is Sleeping. "Nature's Babies" is a guided meditation to promote feelings of safety and to encourage sound sleep.

Guided meditations are designed to quiet your mind and relax your body. Participants may find themselves very relaxed, for safety reasons we ask that you do not play the following recording if you or anyone who may be listening is driving or engaged in an activity that required your full attention.

When baby is tucked in, just like you get tucked in, all through the house, the sounds that are louder get hushed. It is wonderful to know that no matter what time of day or night babies house is safe, just like yours.

You can just imagine how much that little baby is loved, just like you are. How much he is cared for, just like you, and just like the babies all over the world, loved and cared for just like you.

When baby is with Momma and they go for a walk, he is safe and loved. Tucked into his carriage he can rest and relax as they walk along a beautiful path, and can see all sorts of wonderful sights.

The path winds in and out around beautiful green trees and if baby looks closely he gets to see all sorts of things. There in a tall tree, among the green leaves he could peek into a cozy nest. Little baby birds are tucked in with feathers and fluff, all safe and loved just like baby, and just like you.

Along that quiet path they can go the sounds of the carriage wheels on the ground. Baby looks closely at the very bottom of a great big tree, there is a tiny little hole. When you look way down in a cozy little burrow, baby would see tiny squirrel babies cozy and warm, with their Momma keeping them safe. Just like baby, loved and cared for, just like you.

Covered with his little blue blanket, all tucked in, down the path Momma pushes his carriage, and way over there, you can see a cave in the hill and baby imagines what might be inside. Little bears with little black noses, curled up next to their big furry Momma, all of them are sleepy, cozy and safe. Just like baby, loved and cared for, just like you.

In that carriage, under his blanket baby's eyes are tired, he is cozy and warm and the sounds of the wheels going around and around, the sounds of Momma's footsteps, that keep him safe, he closes his eyes and has a wonderful dream.

Down in the ocean, deep in the water a sea horse Daddy gathers up all of his babies and keeps them close. He cares for them all. Each and everyone knows that just like baby, they are loved and safe, just like you.

Way far away there is a vast savanna and there baby imagines a family of great, slow, swaying elephants, and baby elephant lies down next to her Gramma with her she is so safe and cozy. As she closes her eyes she feels loved and safe, just like you.

Deep in the jungle, high in the trees a small little monkey holds on tight to her auntie. Her big brown eyes are tired and she can close them as she snuggles in to have a sleep. Right there in her fur she feels loved and safe, just like you.



Quietly Momma pushes the carriage toward home as safe and sound baby sleeps all tucked in. You can hear the birds singing and the wind in the leaves, but baby is tucked in cozy and safe, all the way back down the path, past the trees, and right to the front door. And baby is napping as his Momma picks him up from the carriage and takes him carefully to finish his nap right to his little bed with his little blue blanket.

All over the world there are Momma's and Daddy's, friends and families that love their babies so much, little tiny babies that are covered in fur or feathers, or scales, or soft pink skin. The babies that fit into carriages, or the kids that can walk and play on their own, all of them safe and loved, just like you.

Now as you know that you are safe and loved. You know that when you go for a walk with your adult you are safe and loved. When you are playing with toys, or having a snack, when you are having a nap or sleeping all night in your cozy bed, you are safe and loved.

Now as you are settled into your comfy bed, you are safe and loved, as you drift off to have a restful sleep, you are safe and loved. You can dream of all of the animal babies, safe and loved, just like you, sleeping all night in their cozy beds. When it is time to get up in the morning they will wake up happy and ready for a wonderful day, just like you.

