



Soaring with the Eagles Nighttime

Welcome to Rosy Window Production's Adelaide, this Guided Meditation "Soaring with the Eagles" is designed to assist in alleviating anxiety.

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 might be listening is driving or participating in an activity that required their full attention.

Please take a moment to get comfortable, you can lie back or sit, and notice how when you pay attention to your breath, your shoulders relax. As you take another breath in and out, you know that at any time during this recording you can close your eyes if you would like. Another nice deep breath in, and out, and notice how your arms and legs become more relaxed. It is nice to notice this connection between paying attention to a nice deep breath, and how it is a signal for your body to relax. We can do that anytime and anywhere, if we need to take a moment for ourselves just to relax.

If you would like to listen to my voice you certainly can, but if your mind wanders that's ok to. Sometimes it is just nice to have the sound of my voice in the back ground, and let your mind wander away to a time that you felt very relaxed, happy, and safe.

Just like Adelaide, I can imagine you are quite busy, there are friends and family, doing activities that you enjoy, as well as getting chores done, there is school and perhaps even homework. Maybe, like Adelaide, your family is busy too, there are always tasks to keep the house, cooking and cleaning, working and organizing. Sometimes families get so busy they forget to look at each other for a moment, but no matter how busy they get, you know that if you find the words to ask, they will find the time to listen. Your family only wants what is best for you to be happy, safe, and healthy.

School can be much the same as home. Imagine being a teacher and having to make sure all of the children are learning what they need to learn. It must be difficult to check in with each one during the day, so if a child doesn't ask for help, the teacher may miss that they need help. Sometimes that child needs to be patient, and wait for a moment when the teacher isn't busy, to be able to ask a question. And maybe they might even feel bad about having to ask, but they shouldn't because the teacher only wants to help them learn and to see them do well, no matter how busy they are.

Just like Adelaide's parents, your family, and your teachers only want what is best for you and for you to feel safe, happy, and healthy, no matter where your family lives, with you or away.

As you take a nice deep breath, imagine if you were a bird, you can feel safe and comfortable sitting on a green leafy branch. Is your branch very high up at the top of a tree, that's at the top of a mountain? Or is it a nice low branch close to the ground in a beautiful valley? Would you be a very tiny little bird, like a chickadee? Quick and nimble, you could hop from branch to branch, very easily. Or would you be a majestic eagle, with big strong wings, that could carry you high into the sky, letting you play on the wind.

Any kind of bird begins as a small chick with very few feathers. They are tucked in warm nests by their mothers and fathers, can you imagine being tucked into that nest with your bird brothers and sisters, waiting for your



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parents to bring you your food. You would be able to settle in and notice the gentle swaying of the tree that your home is in. You would see the sun come up and see the beautiful blue sky, clouds would slowly drift across the sky as you stayed safely tucked in, comfortable and warm. From your cozy, safe, nest you would be able to watch as the sky turned beautiful sunset colours, when the sun settled deeper and deeper into the horizon. The brilliant blue sky would fade to shades of navy blue, and gently darken into a velvety black, and a million twinkling stars would pop through. You would have such a wonderful view of the sky, the sun, the moon, and the stars and you may just want to stay there forever.

As each day passes notice how the fuzzy little feathers that cover you are beginning to change. How new beautiful strong feathers begin to grow, and soon your nest is not fitting so good. You, and the other chicks, are getting far too big to share that nest. Notice how your brothers and sisters begin to leave the nest, hopping out onto the edge and jumping away. That's better, there is way more room now, and you can let your feathers grow, and enjoy the space while they are gone all day.

Each evening with the sun begins to go down toward the horizon, and the sky begins to dim and darken, all of your siblings come back to the nest. As you are all cuddled in, they are excited to tell you stories of the wonderful things that they have seen, the wonderful food they have got to choose themselves. And each evening your mother bird, and your father bird are busy keeping the nest clean, and chatting with each other they are proud of how everyone is flying, and they are making sure the family is fed well, safe and happy. They haven't noticed that you haven't left the nest, you might think to yourself that they don't care, or that they won't notice.

Each night you think to yourself that the next morning you will hop to the edge of the nest and see what all the fuss is about. When morning comes you have all of these questions, what if something bad should happen? What if you can't find your way back to the nest? Or worst of all what if you can't fly? As your siblings come and go from the nest, happily enjoying the day you think that you might ask one of them but are afraid that they would tease you.

As your mother busily cleans the nest and makes it cozy and safe, you would like to ask her, but she is so busy. And father is gone all day hunting for good nutritious food, you couldn't possibly bother him when he gets home. A little tear comes to you eye as you try to convince yourself that you are happy just seeing the blue sky turn to dark blue and fade to black. You could be happy watching the sunset with all of those beautiful colours painted on the sky, maybe you could just stay in this nest forever, that would be ok, but it makes you feel sad inside.

Early in the morning when everyone has gone you decide that it is up to you to do this on your own. You say to yourself in your little bird voice right out loud, "I am not afraid" and that certainly helps you. Out loud again you say "I can do anything I put my mind to", and this is very true but your mother bird hears you and asks very concerned if you are ok and if you are having trouble. You can tell her yes, and in that moment she listens to all of the thoughts that you have had piling up. She is so sorry that you didn't feel like you could come to her with what you were thinking, happy or sad thoughts, always with anything, you can come to her. Just like she and your father listen to your siblings at night about their adventures, they also listen to their fears, their questions, anything. As you were speaking, your sister and brother have heard this and are so happy to help you. They are excited to have you join them and are eager to make you feel better, they did not know, they thought you just didn't want to play, fly, hunt for food with them.



This is such a wonderful surprise, how each bird was thinking something different, how each feeling was attached to thoughts about the other that were not true. You can't even read a bird's brain, you might think you know someone's thoughts or feelings, but you just can't know unless you talk to them. And you might think that someone should know how you are feeling, but they just can't unless you let them know.

Sister bird shows you how it is best to stretch your legs to get up on the edge of the nest, father showed her when she was ready, you may be surprised that she asked for help, you thought she just did it all on her own. As you are standing on the edge of the nest you get to see all of the trees around your tree, it is a wonderful view and so many different kinds of trees. Brother bird perches on the nest next to you and show you how you can hop down to that branch right there in front, it is a perfect spot. He isn't as patient as your sister because he really wants to get going, but that's ok, he shows you quickly and you can hop right down to that branch. What an amazing view now you can see the whole sky, it stretches far in all directions. You can feel a nice breeze on your face and see lots of wispy clouds in the distance.

Mother and Father bird join you on that branch and mother shows you all the things you need to find your tree to come back to the nest and assures you that you don't have to go too far, just however you feel the most comfortable. You take a nice deep breath in and out, your body relaxes and your mind quiets, another breath in and out, more relaxed. Father bird shows how to stretch your wings and they fold out magnificently, you can see that you have just what you need to fly, everything is there. You think of all of the stories you have heard about leaving the tree. He tells you that he will go first to show you what it is going to look like, and although you can't feel the feelings unless you feel it yourself, he describes the best he can what it will be like. A nice deep breath in and out, as you watch him spread his wings and take flight. Your fear becomes a happy feeling of excitement in your stomach as you watch him soar downward and then catch a breeze, flap his wings and lift toward the blue sky.

You know how to relax your body, you take a breath in, let it out, and feel your body relax, you know that you have exactly what you need to fly and that everyone is happy to help. As your father makes a circle and comes back around to the tree you can spread your wings and step off that branch.

Downward, downward, although you cannot see father bird you know that he is at your left, you know mother bird is there too, and all of your family, wanting you to be safe, healthy, and happy. Feeling that wonderful wind in your face you are so excited, you move your wings, just like father had told you and up, up you move as the wind moves beneath your wings you rise high up. You can see all of the forest below, you can see the mountains in the distance and a great blue ribbon of the river in the valley below. The more you fly, the easier it becomes and you can dip, and soar, and see a big moose that is lumbering along, far, far, below. Your beautiful wings are stretched out wide as you play on the wind. You could never have imagined from your nest what wonderful sights you were going to see. As you soar and spin, you can dip and dive, down low to the ground you can smell the smell of the wild flowers, and you notice an array of colours that you could never have imagined.

Isn't it wonderful that you spoke to your family all of the questions you had were answered so you could enjoy this wonderful new experience. Isn't it great to know that all of those fears you had could be put to rest just by talking to someone, so you could feel excited and happy on this new adventure. As you notice the sun moving across the sky you turn to head back to your tree so proud of yourself, that you spoke positively to yourself to begin this adventure. So proud of yourself that you bravely talked through your concerns. So happy that you



asked for help from those people that you know only want what is best for you, for you to be safe, happy and healthy. As you see that familiar tree, you see the familiar faces, you settle into the nest and rest, safe, happy and healthy, wondering what the next adventure will bring.

Just like that little bird, just like Adelaide, and just like you, you can speak up if you need help. Everyone feels nervous sometimes, everyone needs help sometimes, and everyone can find someone to listen to them. I bet you can picture now in your mind the perfect person to ask for help. I bet you can imagine that person that is best to talk to when something is bothering you. It is so important to find your wonderful, kind voice just like Adelaide did. You also know how to take a breath and relax, so that it is easier to talk to someone.

You know that your family, your friends, your teachers, all want the very best for you. They want you to feel safe, happy and healthy.

Now as the music fades away along with my voice, you can drift off to a wonderful sleep knowing that in the morning when it is time for you to wake up, you will be quite refreshed, rested, and looking forward to a wonderful new day.

