

Beautiful Butterfly- Guided Meditation for Anger and Big Emotions



Close your eyes and take in a nice deep breath. Allow your tummy to fill up like a balloon, and then exhale slowly.

Do this five times to really relax your whole body completely.

(Pause.)

You'll notice how your body begins to feel deeply relaxed and sinks down further and further. Your legs begin to feel heavy too. Your arms now begin to feel heavy and very relaxed.

You enjoy every moment as your body continues to relax with each word I say.

Imagine you're a beautiful dragonfly fluttering about the sky. You see the lovely green valley below you with lots of colourful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate, lacey wings. As the wind touches you, it gently blows away any worries, any stress you feel. Enjoy how wonderful it feels to be free. Your mind is so clear and calm. You are

completely peaceful. You look so beautiful as you allow your true happiness to shine through.

Gliding on the peaceful wind reminds you that you can feel this way anytime you want. We all experience moments where we feel big emotions, and that's ok.

But you also know that you can deal with those big emotions by breathing deeply, or slowly counting to 5 while you allow yourself to calm down a little before you talk things out with someone you trust. All of these things help us keep calm and feeling good even when we feel very strongly about something.

We all experience many emotions every day. There is nothing bad about any emotion. We just need to realize that we are in control of the emotion and the emotion is not in control of us.

As you continue to fly along as a dazzling, beautiful dragonfly, notice now how the sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

The earth is a patchwork of colour and you enjoy each moment here, gliding along feeling so joyful and peaceful. You spread your wings far and stretch. It feels so good. You are ready for an extraordinary day.

Take in a deep breath now and exhale slowly. When you are ready, give your body a big stretch.

With a clear, calm mind, say these words to yourself, "I am peaceful and I am calm, ready for a wonderful adventure in my day."