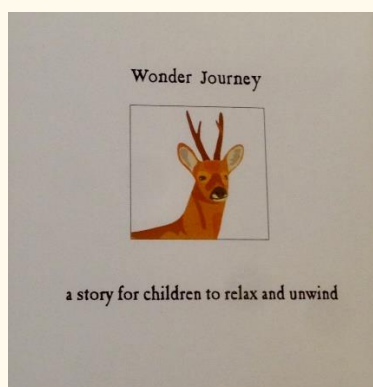


## The Wonder Journey



Are you sitting comfortably? Then try this. As you breathe in and out say slowly: "Breathing in I calm my body, breathing out, I smile."

Try that again: "Breathing in I calm my body, breathing out, I smile."

And one more time: "Breathing in I calm my body, breathing out, I smile."

Now bring your attention to how your body is feeling...

Say hello to your, toes, how are they feeling?

Wiggle them a little.

And your knees - are they feeling nice and loose?

How about your tummy? Push your tummy muscles out and pull them in.

Now just let your tummy be how it feels good.

How about your neck and shoulders?

Lift up your left shoulder and drop it, and then do the same with your right shoulder. Shake your head a little. Now your arms, now your fingers. Begin to feel really loose now...becoming still and calm...

Close your eyes and attend to how different parts of your body are feeling.

Is there any part of your body that feels a bit sore, stiff and tense?

If there is, imagine a lovely warm ray of sunshine flowing into this part and melting any soreness or tension there. So when you are ready... feeling very calm and relaxed...take another deep breath in hold and breathe out slowly....

And begin to imagine... see in your mind... feeling your body... hear the sounds...

You are ready to begin a journey to find what you need to know so that you can believe in yourself, trust yourself, be happy and confident in yourself...

In front of you, is a little wooden bridge which is completely safe. It is crossing a small river which flows gently into the sea. Beyond the bridge you can see a small wood and beyond that, where the land curves round, you can glimpse the sea all the way to the horizon. The clouds are white and pink and the sun is shining. The air smells sweet and fresh. Your body feels light and good.

You can hear the birds singing. There is nothing to alarm you here. You are safe.

A little red robin is perched on the handrail of the bridge, chatting to you. "Have courage," he chirps. "You can be brave."

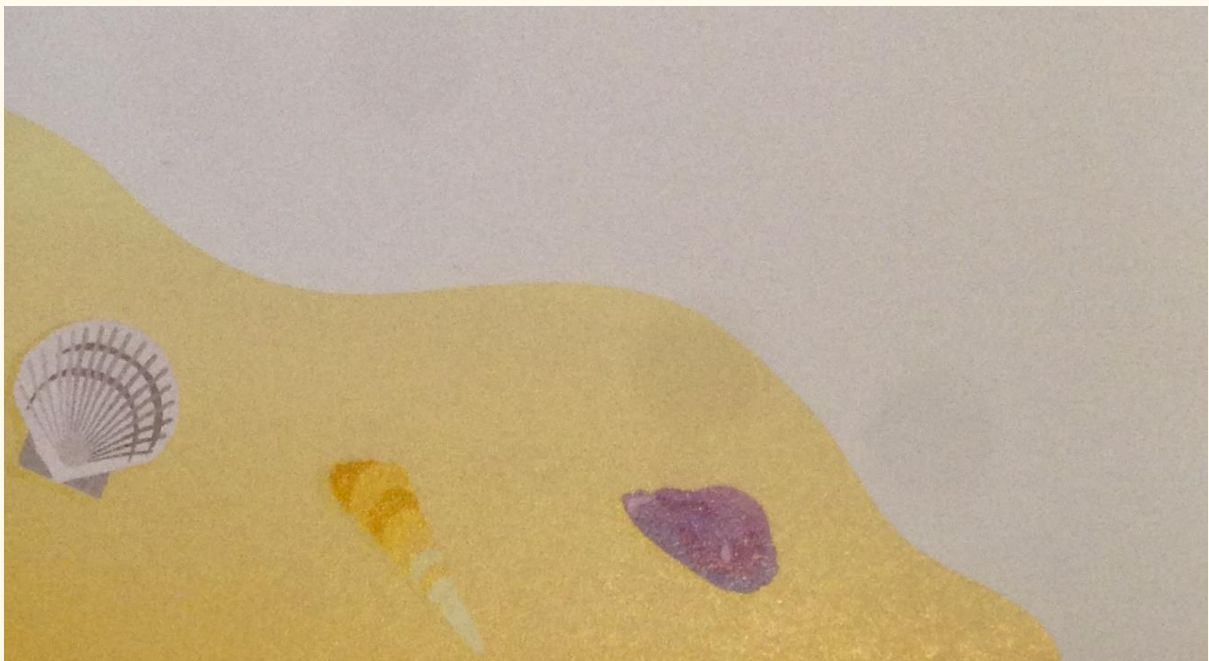


You step on the bridge and as you begin to walk over it, any worries you have leave you, flowing away into the river. You continue over the bridge and into the wood, where there is a beautiful smell, like coconut. This is from the yellow gorse that is growing in the wood among the silver birch trees. There are wild flowers by the edge of the path, yellow primroses, blue and white violets. You see that you have startled a small deer who lifts her head and contemplates you through her large liquid eye. To your surprise, she doesn't run away but seems to trust you. You feel yourself smiling and your heart feels glad and strong.



Now you are through the wood and following a path to sand dunes which are white and gleaming with tufts of marron grass on their tops. When you climb up and over them, there is the whole beach in front of you and the blue sea beyond and it is all your. Smell the fresh air. Feel the warmth of the sun and the refreshing breeze playing across your face. Enjoy being here... and in a few moments you can begin to run, to dance, to skip, whatever you wish... feeling completely safe, knowing there is nothing here to harm you, and feeling absolutely free...

As you stop near the edge of the waves you can see in the sand among some clam shells, the bright sparkling purple of a piece of amethyst. You bend to pick it up and as you hold it in the palm of your hand you know you are too precious and special.



Now it is time for you to return through the dunes, feeling very sure of yourself, very lucky, knowing that you can do what is right for you. As you walk back through the wood the little deer lifts her head

and again you feel grateful for the trust she has placed in you. As you walk back across the bridge, there is the robin with his brave red breast.

So slowly now, taking your time, stretch out your arm... open yhour eyes... take a nice deep breath... and give yourself a smile.

