



World Eye Cancer Hope
life and sight for every child

Guided Meditation 2: laying down meditation

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Stretch out on your back on a comfortable surface.

Close your eyes, let your body relax so much that it feels like you are melting into the floor. Breathe evenly in and out.

Example:

Count 1: breathe in

Count 2: breathe out

Count 3: breathe in Continue...

Lying so still and relaxed, keeping your eyes closed, visualize walking onto a wide meadow on a warm, breezy summer day.

In your mind, see yourself standing still, looking around. Notice the tall brightly coloured wild flowers blowing in the wind, back and forth in a regular rhythm, over and over again, just as your breath is coming in and flowing out regularly and evenly.

Enjoy the relaxed feeling in your own body that is lying so limply and undisturbed while you watch the wind gently blow the flowers back and forth. Let yourself feel whole and comfortable in your resting body.

After some time, begin to come back to your everyday active self by taking a deep breath, opening your eyes, stretching your arms and legs, and sitting up.