



World Eye Cancer Hope
life and sight for every child

Guided Meditation 1: laying down meditation

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Let's go on an adventure!

But, instead of rushing out the front door, let's go on an adventure within, to a beautiful place inside, in our thoughts ...

Lying on the bed, floor, carpet, or the lawn or beach in warm weather, stretch out on your back, arms and legs resting easily. Close your eyes. Let your body go limp as a rag doll, while counting to 10 in your mind.

Lying so still and relaxed, keeping your eyes closed, walk through the inner doorway in your mind onto the beach, on a warm sunny day.

In your mind, just feel yourself standing still for a moment, looking around, seeing the waves wash against the shoreline in their regular rhythms, over and over again.

While watching the regular pattern of the waves, just breathe in and out, evenly in and out, over and over again.

Watch the waves, while breathing evenly in and out.

Enjoy the relaxed feeling in your own body that is lying so limply on the bed or carpet. Feel whole and comfortable in your resting body and mind.

When enough time has passed, begin to come back to your everyday active self. Stretch out those limp arms and legs, take a deep breath, and sit up.

Feel your new energy, all set and ready to go again!