

A WALK THROUGH THE FOREST

Close your eyes gently and take a deep breath in through your nose, filling your lungs with the fresh, crisp air of the forest. As you exhale slowly through your mouth, imagine letting go of any tension or worries, just like the leaves gently falling from the trees around you. Feel the warmth of the sun on your face and the softness of the earth beneath you, grounding you in the present moment.

Now, imagine yourself walking through the forest, surrounded by tall trees and colourful flowers. Notice the vibrant green leaves, the delicate petals of the flowers, and the intricate patterns on the bark of the trees. Take a moment to appreciate the beauty of nature all around you and how it makes you feel calm and at peace.

As you continue to breathe deeply and mindfully, listen to the sounds of the forest—the gentle rustling of leaves, the melodious singing of birds, and the buzzing of insects. Allow these natural sounds to soothe your mind and relax your body, bringing a sense of tranquility and harmony.

Now, bring to mind your favourite animal, whether it's a majestic deer, a playful squirrel, or a colourful butterfly. Visualise this animal moving gracefully through the forest, at home in its natural habitat. Feel a sense of connection and kinship with this creature, knowing that you are both a part of the same wondrous world.

Take a few more deep breaths, savouring the peace and serenity of this moment. Know that you can return to this peaceful place in your mind whenever you need to feel calm and centred. When you're ready, slowly open your eyes, feeling refreshed and renewed, ready to embrace the beauty and wonder of the world around you.

