

# Peaceful Forest Guided Imagery Meditation

*This guided imagery can take anywhere from 15 mins - 30 mins and allows you to find your peaceful center as you relax and wash away the stress from your body.*

Begin by finding a comfortable seated position, either in a chair or on a cushion on the ground. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth. Allow your body to relax and your mind to quiet.

Now imagine yourself standing at the edge of a forest. The trees are tall and green, and the air is filled with the scent of pine. As you step forward onto the path that winds through the woods, you feel the soft earth beneath your feet and the warmth of the sun on your skin.

As you walk deeper into the woods, you notice the sounds of birds chirping and leaves rustling in the breeze. The path curves gently to the left and then to the right, leading you deeper and deeper into the heart of the forest.

After a few minutes of walking, you come to a small clearing. In the center of the clearing is a beautiful gazebo, surrounded by flowers of every color. A small stream runs nearby, the sound of the water bubbling over rocks soothing and calming.

Take a moment to look around the gazebo and the surrounding area. Notice the details of the flowers and the way the sunlight filters through the trees. Take a deep breath and allow yourself to fully relax into this peaceful setting.

When you feel ready, take a seat on one of the benches inside the gazebo. Close your eyes and continue to breathe deeply, allowing yourself to sink deeper and deeper into a state of calm and relaxation.

Stay here for as long as you like, allowing yourself to fully experience the tranquility and beauty of this magical place in the woods. When you feel ready to return, slowly open your eyes and take a few deep breaths before standing up and returning to your day.

I hope you enjoyed the meditation!

*Indigo Owlet*

