



Guided meditation:

My shiny star

Find a comfortable place to sit or lie down. Close your eyes gently and take a deep breath in through your nose... and let it out through your mouth. Let your body relax, feeling nice and heavy.

Imagine it's a clear night, and you're lying on soft grass, looking up at the sky. The stars are shining all around you, twinkling like little gems.

Now, let's focus on one special star. Picture it glowing brightly. It's your very own star, and it sparkles just for you!

As you look at your star, take a deep breath in... and slowly breathe out. With each breath, feel the star's light shining down on you, warm and comforting.

Imagine the light from your star wrapping around you like a cozy blanket. It makes you feel happy and safe.

Now, let's make a special wish. Think of something you really want for you or for someone you love, like fun time with your family or a wonderful adventure. Close your eyes a little tighter and whisper your wish to your star.

Your star is listening, holding your wish close. It's like a tiny treasure in the sky, waiting to help make your wish come true!

Take another deep breath in... and out. Feel the warmth of your star's light filling you up with joy and happiness.

Let's count down from three to one, and with each number, imagine your star shining brighter and brighter!

Three... your star sparkles with all its might!

Two... it fills the night with magic just for you!

One... remember, your star is always there, even when you can't see it!

When you're ready, slowly open your eyes. Remember that your shiny star is up in the sky, watching over you and keeping your wishes safe. You can visit your star anytime you want.