



Guided meditation: The Calm Snake and the New Year Magic

- Relax and get comfortable

Let's get cozy and sit down comfortably, just like a snake curling up in the sun. Close your eyes and take a deep breath in, like you're smelling a beautiful flower. Now, breathe out slowly, like you're blowing a gentle breeze. Let's do that two more times—breathe in and breathe out. Wonderful!

Now, imagine we are in a magical forest where the trees are big and tall, and the sky is bright and peaceful. You're standing on soft, squishy grass, and it feels so nice under your feet. Take a little step forward. You can feel the earth all around you, calm and steady.

- Introduce the snake

Look! Right in front of you is a beautiful, shiny snake. It is long and smooth, with scales that sparkle in the sunlight like stars. The snake moves slowly and gracefully, like a ribbon in the breeze. You can see it's very calm and peaceful. It's a gentle snake, and it's here to show you something special.

- Talk about the snake's qualities

The snake is very wise, just like the Lunar New Year, which is full of new beginnings and excitement. The snake teaches us that we can be brave and strong, but also calm and peaceful. The snake knows how to move through the world with care, taking its time and never rushing. It shows us that we don't always have to hurry; sometimes, it's okay to go slow and feel happy just being where we are.

The snake is also very smart, knowing when to be quiet and when to shine. It knows how to rest and how to play, just like the New Year brings us new chances to rest, grow, and learn.

- Snake's wisdom

As you watch the snake, you can see how it moves so quietly, making no sound, just like the peaceful new year that quietly starts with hope and happiness. It teaches us that we can be still, take our time, and feel calm no matter what is happening around us.

- Feel the calmness of the snake

Now, imagine you are like the snake—smooth, calm, and peaceful. You take a deep breath in, and you feel the quiet strength of the snake inside you. You are calm, brave, and wise. Every time you breathe out, you let go of any worries, just like the snake leaves its old skin behind. You feel fresh and full of new energy.

- Bring them back gently

The snake smiles at you, and you know that you can carry its calmness and wisdom with you, just like the Lunar New Year brings new chances to grow. You can return to this peaceful snake whenever you want, to feel calm, strong, and wise.

Now, let's take one more deep breath in, and slowly breathe out. Wiggle your fingers and toes, and when you're ready, gently open your eyes, bringing all the calm and strength with you into your day.