Glad Libs

Enjoy this personalized guided meditation, courtesy of The Heart Touch Project! Simply fill in the blanks using the prompts, then add them to the meditation on the next page for a relaxing, customized guided meditation.

THE RELAXING LAKE

A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a pleasant ground covering

B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a calm color

C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a pleasant sensation

D\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a sensation that gives you relief

E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a mildly unpleasant emotion

F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ : a delightfully fragrant plant

THE RELAXING LAKE

As you relax your body, you are aware of your feet pressing into \_\_\_\_\_\_\_\_\_A\_\_\_\_\_\_\_\_\_\_. You look down, and see that the \_\_\_\_\_\_\_\_\_A\_\_\_\_\_\_\_\_\_\_ ends at the edge of a peaceful lake. The water is calm and \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_. It moves gently at the shore, and you step forward. Your toes touch the water and it feels \_\_\_\_\_\_\_\_\_C\_\_\_\_\_\_\_\_\_\_. You ease your foot into the \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_ water. The  \_\_\_\_\_\_\_\_\_C\_\_\_\_\_\_\_\_\_\_ envelops your foot, and you take another step into the water. You continue to step forward, and the ground beneath you slopes forward gently, allowing the water to gently wash over your ankles, your calves, your knees. As you move into the water, you encounter no resistance. Your feet are grounded, but each step allows your body to feel lighter and more \_\_\_\_\_\_\_\_\_D\_\_\_\_\_\_\_\_\_\_. The water welcomes you, allowing your whole leg to feel \_\_\_\_\_\_\_\_\_C\_\_\_\_\_\_\_\_\_\_ as you step deeper and deeper into the lake.

As the water rises, you may feel a slight sense of \_\_\_\_\_\_\_\_\_E\_\_\_\_\_\_\_\_\_\_. This is perfectly normal, but you don’t need that \_\_\_\_\_\_\_\_\_E\_\_\_\_\_\_\_\_\_\_ right now. You can release it into the water around you. It serves you, but right now, it’s not necessary. Trust that it is there when you need it, effortlessly, without you carrying it with you. You feel lighter, supported by the water, supported by your body. You continue to step forward, easing ever deeper into the lake, into the still \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_ water. You find a point where you simply float forward, the water accepting you exactly as you are. You do not sink, but are suspended. The water becomes liquid air, and you breathe it easily. You sink deeper, and the ripples recede above you. Your breath comes easily. Everything around you is illuminated by a lovely \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_ light. Your thoughts float past you, and you simply watch them go by. They don’t even disturb the water around you. You are weightless, the only sensation is the \_\_\_\_\_\_\_\_\_C\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_ water.

When you feel ready, you begin to float toward the surface. The surface approaches, and as your face breaks through the surface you take a calm, deep breath and smell \_\_\_\_\_\_\_\_\_F\_\_\_\_\_\_\_\_\_\_ on the breeze. You effortlessly float back towards shore. Soon, your toes gently find the bottom of the lake, and you take easy steps toward the shore. The air suspends you as easily as the water. You are light, and free. The \_\_\_\_\_\_\_\_\_A\_\_\_\_\_\_\_\_\_\_ feels refreshing on your feet. You stand at the shore of the \_\_\_\_\_\_\_\_\_B\_\_\_\_\_\_\_\_\_\_ lake, and your face relaxes into a smile. This is your lake, an eternal and unchanging place, and you can return at any time. You take one last deep inhale of the \_\_\_\_\_\_\_\_\_F\_\_\_\_\_\_\_\_\_\_-scented air, and allow your eyes to drift open.