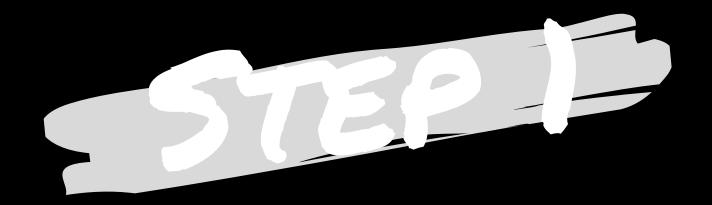
SEDITATE

> Just 10 Steps!



Get yourself comfortable if you want to lay down or close your eyes do so,if you don't want to close your eyes focus on something in the room.



### Think of somewhere that makes you feel happy or calm



### What does your happy place look like cloudy, sunny, busy,etc?



### What does your happy place smell like is it like flowers, smell of sand etc.



# What does it sound like? Do you hear people talking or animals any sounds that you hear?



### What does it feel like? How is the ground soft, hard, hot, cold etc.



### Is there anything there that you don't like?



### Just enjoy what you see and what is going on around you!



## After a little bit when you have had enough just start slowly and come back to reality!



You might have felt that didn't relax you totally but it's ok. You might have noticed your mind drifting it's ok it takes a little to get used to it!



#### **Your All Done!**



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