

Guardian Angel's Basket

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Lie down and get comfy...

Close your eyes and concentrate on breathing in and out, slowly and deeply...

Imagine that you are resting on the softest, fluffiest bed you've ever felt...

You're relaxed and comfortable...

You look up and see the evening sky, and you realise that you're lying on a cloud, warm and safe and secure...

It is very quiet and still up here in the sky...

Breathe in and out very deeply, as your body relaxes more and more, starting to feel heavy, and sinks comfortably and cosily into the cloud...

Draw each breath deep inside you and hold it for just a moment, feeling it reach every part of your body, before you exhale, letting your stomach fall easily...

You notice that the sky on the horizon is a soft pink and, above you, it is a lovely deep blue... You can just see a few stars starting to appear... Take some time to appreciate how beautiful it looks...

Continue to breathe deeply...

Your mind is calm and you feel very peaceful...

You notice a twinkle in the distance, which grows larger as it comes closer to you...

You see that it is an angel, surrounded by a soft white light...

Its delicate glow glistens and sparkles as it moves...

As the angel hovers above, you are bathed in its beautiful warm light...

The angel is carrying an empty basket, and places it on the cloud beside you...

If you have any cares or worries, illness or upsets, that you are ready to release, you can place them in the angel's basket...

Your angel will take care of them, so that you can relax and be at peace...

You don't have to worry about anything as long as you have your angel by your side to help...

Your angel asks you what you would like to place in the basket...

Feel your body...

Do you feel any pain or discomfort somewhere?...

Imagine taking it from your body and placing it in your angel's basket...

Is there anyone that you feel upset with?...

You can let go of your anger, or upset feelings, and place them in your angel's basket...

You don't need to have any bad feelings inside you...

Is there anyone or anything in your life that you are worried about?...
Take those worries off your shoulders and place them all in your angel's basket...

Your angel smiles and tells you that you don't need to worry about anything...
Your angel will always be there to help you with your concerns...
It is your own personal guardian angel, friend and helper... ..

As you lie there, with your angel beside you, you are filled with love and happiness...
Ask your angel what its name is and listen carefully, inside you, for the answer...
What is the first name or word that you hear?...

Your angel tells you that it will always be with you and you can call on it for support at any time...
If your angel doesn't have a name, you only need to think, in your mind, "guardian angel be with me now", and tell your angel what's upsetting you...
Your angel says that you may not always see it, or feel it, but you should simply trust that it hears you as soon as you call...

As you breathe deeply and slowly, your body feels very relaxed...
A warm feeling spreads from your head to your toes, knowing that you have a special angel just for you, who will always be with you, helping you in lots of different ways...
Your angel remains beside you as you rest, and you feel very loved...

(If going to sleep, end here... If not, then continue...)

Now, bring your mind back to the sounds in this room and the sounds outside...

When you feel ready, give your toes and fingers a bit of a wiggle, stretch your body, and gently open your eyes...
You are refreshed and comfortable...
When you feel ready, you can sit up...