



Guided meditation:

Room on the broom: A magical meditation for friendships

Hello!

Make yourself comfortable and take a moment to relax. You can listen to the story I'm about to tell or simply pay attention to your breathing. Close your eyes.

Imagine a kind witch comes to take you for a ride on her broomstick. She smiles at you. The air is cool. Picture the big, shining moon lighting up the trees. As you sit on the broom, you feel safe and happy.

As you fly through the night sky, you notice a friendly dog below, barking for help. The witch swoops down and invites him to join you on the broom. Can you imagine how happy he is? Together, you soar high above the forest, laughing and enjoying the view.

Then, you see a clever cat sitting on a branch. The witch calls him, and he jumps, finding a spot on the broom too! Now, you're all together, so happy and full of joy. You feel the warmth of friendship surrounding you.

As you fly, you spot a little bird that seems lost. The witch lands gently, and you all help the bird find its way home. Imagine how grateful the bird is! You've made a new friend.

Now, take a moment to feel the love and friendship around you. With each inhale, feel happiness growing in your heart. With each exhale, let go of all your worries. You are surrounded by friends who love you.

Think of a special friend you would like to invite to join you on the broom. Imagine their smile as they join you.

As you begin to land, take one last deep breath... then a big exhale. Remember the magic of friendship and helping others. When you're ready, you can open your eyes.