

Mountain Tops

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Time: 8 minutes

A mountain top is the setting for this relaxing journey to relaxation and renewal.

Script

Please close your eyes and take some time to go within yourself to settle your body, mind, and heart. Feel free to use whatever method works best for you. For example, it may be focusing on your breath, stretching your body mindfully, or using a sound, word, image, or a phrase as a mantra to become centered...take your time allowing yourself to become more and more at ease.

Pause

Imagine yourself on a mountain top, imagining yourself to be there right now...on top of a mountain...a beautiful, majestic mountain...a mountain that is blanketed with grass...wildflowers...and trees, with rocks and boulders here and there.

The air feels cool and refreshing...it's gently blowing...alive and refreshing.

Looking down...see the grass that covers the ground. Each blade of grass is unique...a reflection of the uniqueness in all of us, and noticing how a gentle breeze blows through the grass...the blades sway back and forth...easily and naturally.

Looking around, notice the delicate and beautiful wildflowers...a rainbow of colorful flowers...yellow...red...purple, blue...in a rainbow of colors...the wildflowers poking their petals all around.

They are beautiful...inspirational.

Reflecting now upon the relationship of the grass and wildflowers...living and growing together in their diversity...sharing the earth and all its abundant resources...being nurtured and cared for.

And noticing the interplay of sunlight and shadows upon the grass and flowers...constant, yet ever changing...living and thriving together...flourishing together...in unison.

Draw your attention to the trees...the majestic and noble trees upon the mountain.

Notice their tree trunks...providing support and strength. See the bark covering the trunk of the tree...providing protection to the tree...protecting its life force...fully and completely.

Reach out to touch the tree's protective covering...What is it like?

Now notice the canopy of branches and leaves towering up from the trees...reaching toward the sky. Watch as the leaves and branches blow gently in the breeze...Watch as the sunlight shines down, creating patterns of light and shadow upon the leaves.

The leaves are waving back and forth...dancing back and forth to the music of the breeze...creating the soothing sounds of the leaves blowing in the breeze...coming and going...cool and fresh...sweet.

The breeze blowing the leaves sounds soft...and then louder...the constant, yet ever changing movement...the profound drama of nature.

Watch the leaves as they reach out toward the sky...the green leaves, the blue sky, the white clouds...the beautiful blue sky...rich and deep and blue...peaceful, calm. This scene is tranquil and blissful.

Now, notice the view from up on this mountain top. Notice the earth...the mountains...the peaks and valleys...going on and on...on and on...above and beyond...stretching out toward the horizon.

Sitting upon this mountain...above it all...away from it all...calm and secure...at peace...gaining a new perspective of life on earth.

The grandeur of the mountains...their breathtaking beauty...renewing and refreshing...are always there...always renewing...refreshing...fulfilling, the mountains.

Pause

Slowly now, bring your attention back to this place. Feel the floor beneath you...Take in a nice, deep breath and sigh it out...sigh it all the way out. Stretch out whenever you are ready and open your eyes...feeling refreshed and renewed.

Repeat the above instructions until everyone is alert.