

Floating Chalice Balloon Meditation

Sit comfortably, close your eyes and imagine a great big chalice-shaped balloon in your favorite color, just floating in the middle of your room.

Let's count to 4 as we breathe in slowly (2,3,4) and out (4,3,2). Notice that your balloon slowly comes a little closer to you as you breathe in. As you breathe out slowly, it moves a little further away.

Breathe in slowly and it swerves a little closer, breathe out slowly and it swerves a bit away. It's almost like a slow dance, back and forth through the air in the middle of your room.

Breathe in (2,3,4), breathe out (4,3,2). Breathe in (2,3,4), breathe out (4,3,2).

In...out... In...out... Watch your balloon swerve and dance to your slow breathing.

Now as you return your breathing to its normal pace, notice the chalice balloon just resting peacefully in the middle of your room.

You can find this balloon waiting for you any time you need a little peace. Just close your eyes and slow your breathing, and it will dance for you again.

When you're ready, you can open your eyes and rejoin us here.