

Dandelion

Start by finding a comfortable position, either sitting or lying down, whichever brings you the most comfort in this moment. Allow yourself to begin breathing in deeply and exhaling fully and slowly. Take deep breaths in that expands your stomach, rather than lifting your shoulders and breathe out through your mouth as if you are gently blowing out the flame on a birthday candle. Allow yourself five breath cycles of deep stomach inhales and slightly forced exhales through pursed lips. Take these five breaths at your own natural pace. As you breathe, see if you can relax any tightness or tension in your muscles. Perhaps your shoulders back and neck muscles can begin to relax just a bit more. With each exhale. Allow yourself this time to be still and breathe. Thoughts might come and that's okay. simply acknowledge that they have shown up and send them on their way you can think about them in just a few moments. Bring your attention back to your breath as needed. Once you have found a good rhythm to your breath, close your eyes if they are not already closed, and bring your attention inward. Once you have closed your eyes, and you have started to relax your muscles. And as you continue to breathe deeply, allow an image of a dandelion to come to mind. Specifically, the white seeded plant, not the yellow flower. Perhaps you can recall as a child or as an adult, making a wish and blowing the seeds off into the air. Imagine that this particular dandelion is holding the negative thoughts and emotions that have been bothering you. Imagine this plant containing any unnecessary anger, stress, tension, or sadness continues to take on these feelings from within you. These things that have been on your mind lately. Allow yourself to place these unwanted thoughts or images within this plant removing them from your mind and body. Notice what it feels like to remove these thoughts from within you and place them within this dandelion. Perhaps your muscles feel lighter. Perhaps you're able to let go and be free from these stressors. As you allow yourself to release these thoughts or images that have brought you discomfort into this dandelion. Prepare yourself to use your own breath, your own exhale to release them into the wind. This is your opportunity to let go to send the thoughts that do not serve you often to the wind to be transformed into something else. Something beautiful just as you have done with wishes, imagined yourself using that gentle yet forceful exhale to blow away that which does not serve you. Take a long inhale in. Picture the negative thoughts blowing away with your exhale. Repeat as often as you feel necessary until you feel that you ever released all that is not serving you and all that needed to be released in this moment. With each inhale, replace your lungs with cool, clean oxygen with each exhale, blowout intentionally any tension or negative thoughts. Allow yourself to let go for yourself from negativity and find peace in this moment.