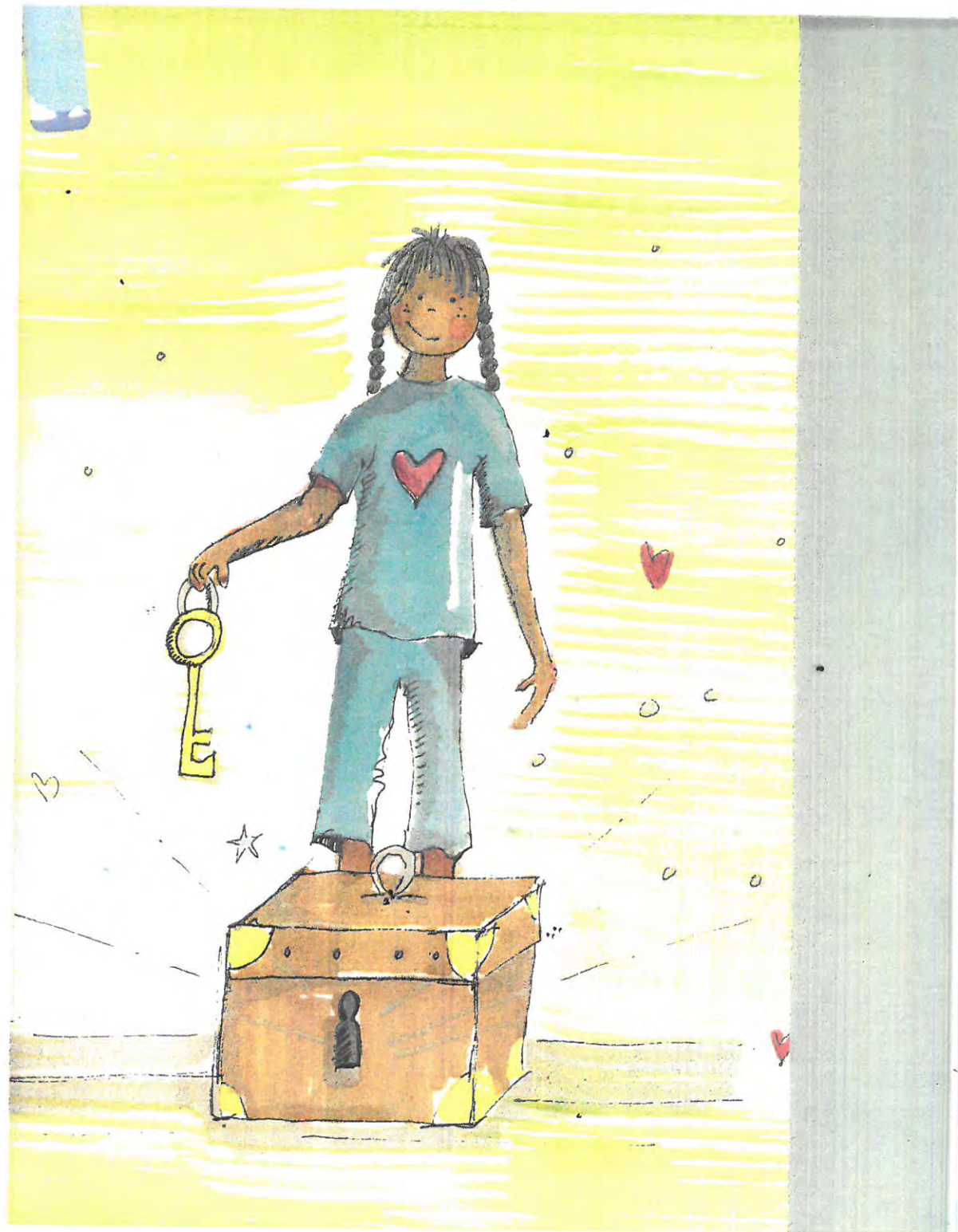
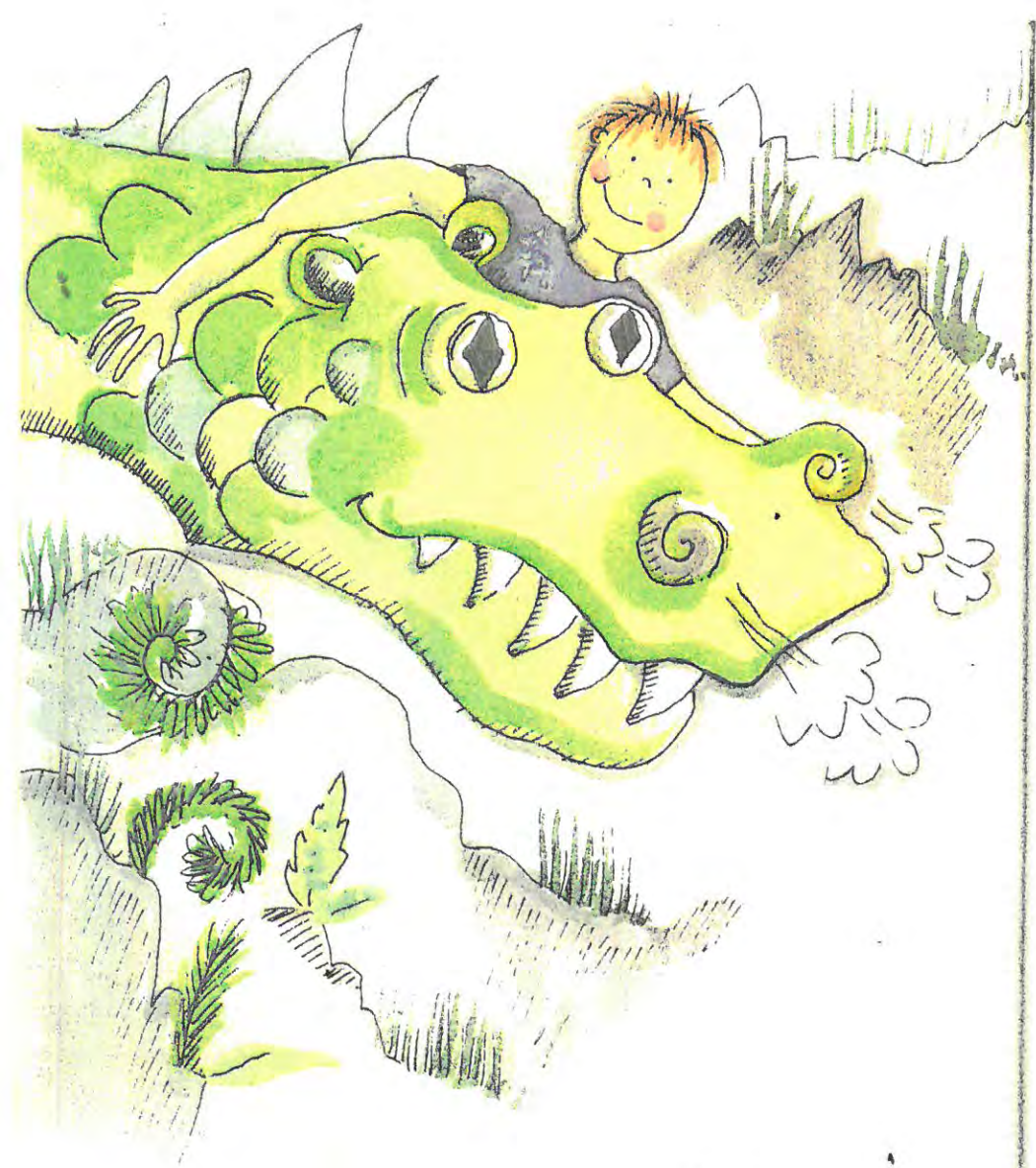


## Magic Box

Close your eyes and be very still and take in a deep breath. Imagine there is a glittery box in front of you. This is a very special magic box, made of rainbow crystals. It is sparkling in the light. Spend a few moments watching the multi-colored crystals glimmer. The light is bouncing and dancing all over the room. It is a beautiful sight and makes you feel so happy inside. Take in a deep breath and then as you breathe out have a think about a question you would like to ask the magic box. It can be any question. Maybe you have something that is bothering or worrying you? Maybe you are not sure about something? Maybe you would like to know what to do next? Inside the magic box is an object which will give you a sign that will help answer your question. Each time you open the box, the object inside is different. The magic box always knows just what you need. Ask your question again and then stop and wait. Now open the box very slowly and put your hand inside. Touch the object. How does it feel? Is it smooth or jagged? Is it soft or hard? Is it warm or cold? How do you feel when you touch the object? Keep your hand on the object until you can work out what it is. The magic box is answering your question by showing you this object. At first you might not understand, but if you stay very still and think deeply, it will all make sense. Notice how you feel. Be aware of what is going on in your mind. Do you feel your question being answered? Stay very still and think about your question and the object and see if it makes sense. And now, when you are ready, thank the magic box for showing you an answer to your question and make a promise to come back when you have another question. Each time you have a question, come to your special magic box and let the box show you an answer with a different object.





## Treasure Dragon

Close your eyes and be very still. Imagine you are on a magical, mystical island. This is Dragon Island. You look around and see that you are surrounded by trees. It is very wet and swampy, and you see ferns growing in the undergrowth. Everywhere is very

green and lush. Listen to the sounds of your footsteps as you slosh through the mud. Notice the damp smell of the swamp. As you walk on, you come to some rocks. You notice an opening and walk towards a cave. This is a dragon cave. You don't need to be afraid as this is your own special dragon. He looks after you and protects you from harm. Step into the cave. Stand still for a moment and notice how silent it is. Stay as still as you can. If you stay very still your dragon will come out to greet you. The dragon steps out slowly from the darkness. You are great friends and you go up to your dragon and hug him. Feel his smooth scales. Now your dragon has a special job to do. He guards your personal treasures. He is your own treasure dragon. He guards the most important things in the world. He guards your inner peace and calm, your love, your happiness and joy. Whenever the monsters of worry, anger, stress and fear creep up, they come to try and take away your treasures. Your friendly dragon looks after these treasures. As soon as he sees a monster approaching, he breathes his magic fire on the monsters and they shrivel up and disappear. Whenever you notice a monster of worry or anger or upset coming, you just have to call for your dragon and ask him to send them away. Watch as he breathes his breath of fire on the monsters, making them shrivel and disappear. You can join in with your dragon and breathe the monsters away. Stay very still and take a deep breath in and breathe out slowly. As you breathe out slowly, imagine you are breathing fire like a dragon and making the monsters disappear. You see how your dragon is protecting your valuable treasures of peace, love and joy. He knows that you will need them throughout your life and so keeps them safe for when you need them. Say thank you to your dragon and promise to visit him again. Remember to call him when the monsters of anxiety, anger and sadness visit you.

I am full of treasure, I am full of treasure.