



Video Transcript

A Forest Journey for You & Your Child _ Guided Meditation to Relax & Connect

Hi, I'm Maria Marshall here with Gaia Goddess, and thank you for joining me for this return to nature meditation for you and your child. You may want to lay down and get comfortable, maybe lying side by side, maybe your child requires a pillow and a blanket just to get nice and cozy. I'll give you a couple of seconds to lay down and find whatever you need to be comfortable together.

Now that we're both nice and comfy,

let's begin by taking a few deep breaths in and out through our nose.

On this next inhale, imagine the breath traveling from the bottoms of your feet all the way up to the top of your head.

As you exhale, make a gentle ah sound, allowing your body to relax completely.

Ah,

notice how your belly rises and falls with each breath.

Now let's use our imagination.

We're walking barefoot on a soft pine needle path on a warm summer day.

The sun filters through tall oak trees, creating a beautiful dance of light and shadow.

Feel the gentle breeze on your skin and notice the different shades of green all around you. Everything is alive and welcoming you

as we walk notice all of your senses awakening feel the soft pine needles beneath

your feet
smell the fresh earthy scent of the forest.
Listen to the rustling leaves and bird songs.
Feel the warm sunlight kissing your skin.
We're coming to a beautiful circular clearing filled with lush green grass.
Together, let's use our imagination to grow a magnificent tree.
On the count of three, one,
two, three.
Watch as our trees sprouts from the earth growing taller and stronger its branches
reaching towards the sky and its roots spreading deep into the earth
how beautiful this tree is let's rest under it.
Imagine having everything you need with you. Maybe a soft blanket or a favorite toy.
Lie down and feel the tree's strong presence above you.
Place your hands on the grass and send love to the beautiful earth beneath you.
Thank the earth for all it gives you. Clean water,
fresh air,
delicious food, and beautiful nature.
Now, let's connect with our tree. Reach out and touch its strong trunk.
Ask the tree if it has a message for you. It might come as a feeling,
a picture in your mind, or just a sense of peace.
Trees can be our friends and teachers if we listen carefully.
Take three more deep breaths, feeling supported by the earth beneath you and
protected by the tree above.
Remember that nature is always here for you,
ready to help you feel peaceful and safe.
It's time to return.
Stand up slowly.
Thank our special tree and
walk back Along the pine needle path,
feel the different textures under your feet. Breathe in the forest air one last time
and slowly begin to wiggle your fingers and toes.
Let's take another deep breath in,
and as you exhale, ah,
gently open your eyes.
I hope you and your child enjoyed this return to nature meditation,
and I hope to see you both again.