



Video Transcript

Guided Family Meditation_A Deep Forest Journey for You & Your Child

Hi, I'm Maria Marshall, here with Gaia Goddess, and thank you for joining me for this deep forest meditation, a heart -connected journey for you and your child. You may want to take a couple of seconds to get comfortable, possibly lying down next to each other. Grab a pillow or a blanket so that you and your child can stay comfortable throughout this journey.

Now that we're nice and comfy, let's begin this journey together.

Imagine wrapping yourselves in a soft, cozy blanket of golden light.

Close your eyes gently and take three deep breaths.

With each breath in, feel sparkles of rainbow light filling your lungs.

With each exhale, watch any queries float away like soap bubbles into the sky.

Imagine a shimmering golden path stretching out before you, sprinkled with tiny crystals that twinkle like stars.

As you walk along this path, notice how it feels beneath your feet.

Soft like the petals of a flower, warm like the sun, and slightly spongy like moss.

Can you hear the gentle crunch of rainbow crystals under your toes with each step? The Path takes you deeper into an enchanted forest.

The air becomes fresh and sweet, filled with the smell of pine needles and wild flowers. Can you smell them now?

The trees are whispering secrets of the universe, like everything is connected, like roots of trees and plants beneath the earth. And then another secret, love grows just like we do. Listen closely, what other secrets to the tree share with you?

As the trees continue to whisper,
watch how the leaves on the branches dance with the breeze, creating a symphony of
rustling sounds. Notice how the sunlight plays peek-a-boo through the leaves,
making patterns that look like butterfly wings on the ground.
You can hear the gentle song of a stream nearby, singing a tune of peace and calm.
Feel how relaxed you are here in nature.
As you journey further, friendly creatures emerge to greet you.
A wise owl with eyes like golden moon swoops down from a tall pine tree,
offering you a feather. What does that feather look like?
What color or colors does it have? How big is it?
Can you run your fingers along the feather?
What does it feel like?
Next, a playful squirrel with a fluffy tail like a cloud,
shows you its collection of hidden acorns in a hollow-out crevice of a tree.
Walk over to the tree and look at the acorns.
Some of the acorns have tiny drawings on them made by fairy artists.
Take a moment to look at the tiny drawings on the acorns. What do you see?
What kind of drawings did the fairies make?
We now turn our heads to the clearing just before us.
There's a magical place where the sunlight weaves through the branches like golden
ribbons, creating a dance of light and shadow. Here,
you find a special place to sit together on a carpet of soft,
emerald-colored moss surrounded by flowers that glow like tiny lanterns.
Feel the loving energy of the earth beneath you,
supporting and nurturing you both.
Mother Earth is so kind and loving.
Imagine you feel the heartbeat of the earth as you sit upon it and lay your hands
down in the soft grass. Feel the heart of the earth feeding beneath you.
Can you place your hands on your heart and feel your heart beat.
B 'pam,
b 'pam. Now your heart beats together with the heart of the planet.
And with each heartbeat,
silver and golden threads of light connect you to every living thing in the forest.
Plants, animals,
flowers, rocks,
bees, and trees. Can you feel the threads of light?
Sun, filling your hearts with warmth and love.
As you perhaps hold hands with the earth for your mother,
feel the connection between you growing stronger,
like a bridge made of starlight unbreakable and filled with love
it feels so wonderful to feel connection and love
take a couple of moments to feel that into your beautiful hearts.
When you're ready, gently return to the golden path,

knowing you can visit this magical place any time you wish.
Slowly, bring your awareness back to the room. Wiggle your toes,
wiggle your fingers,
and now take some nice long belly breaths before you open your eyes.
Remember, this magical journey is always within you,
a place of peace and connection.
Thank you for joining me for this deep forest meditation. I hope you felt connected
to each other and to Mother Gaia. Have a beautiful day.