

## *The Magic Shell - Exercise 5*

Place yourself in a comfy, cosy position on the floor or on your bed. Close your eyes and take a long slow deep breath. As you breathe out relax your body.

Imagine that you are standing on a beach. See the beach in your mind. Think about a beach that you may have visited, maybe its Bournemouth beach or you could use an imaginary beach if you like.

You can feel the sand beneath your toes and the sun is warm on your face. Look around you. In front of you is a huge ocean. It looks a silvery-blue colour and the sunlight sparkles like tiny stars dancing on the surface.

You decide to lie down on your soft, comfy towel on the sand. You close your eyes and feel the warm, sun on your face. You can hear the seagulls in the distance and the waves crashing against the shore. You feel so peaceful lying here. Place your hands on your belly. Take a few deep breaths in and out to relax even more. Breathing in feeling your belly gets bigger and breathing out your belly goes back to its normal size. Repeat two times.

You decide to go for a walk along the sea shore, you look at the ground and in front of you in the sand is the most glorious shell you have ever seen. You pick it up. It feels warm. Notice how smooth the shell is. Feel it with your fingers. This is your magic shell. You can tell it anything you want and it will listen.

You can also tell your shell any worries that you may have. Tell it about any worries that may be troubling you at the moment. No matter how big or how small they are. The shell wants to hear them.

Whenever you have worried feelings you can tell your shell about them and it will magically take those sad, worried feelings and turn them into happy ones.

Now see yourself holding the shell close to your mouth. In your mind silently tell it whatever you wish. As you say your words they go right into the middle of the shell so that it can take them away for you. Tell your shell your worries right now....Now you do not have to feel those sad feelings anymore. The shell has made them disappear. Just like magic! They are gone!

You decide to lie down on your comfy, soft towel again. As you hold your shell close all you feel is calm and happiness. You feel peaceful all the way from the tips of your toes, to the tip of your nose. Notice how it feels. Now place your shell on your belly and take some nice deep breaths again. . Breathing in feeling your belly gets bigger and breathing out your belly goes back to its normal size. Repeat two times.

Now open your eyes slowly and sit up straight with your back straight etc...Take three deep breaths in and out. Through your nostrils and out through your mouth.

It is important for you to know that you can imagine your shell whenever you wish to make your sad, worried thoughts and feelings disappear, whenever you wish to feel calm. Your shell will always be there waiting in your imagination.

Of course, if you visit the seaside you can always look for your own real magic shell. How will you know it is magic? Just choose the shell that feels right for you, this will be the magic one. Or maybe you have one already. Here is an idea! Keep your magic shell under your pillow to take away bad dreams and always bring you a peaceful sleep.