

BUBBLES

Close your eyes, be very still and imagine you are holding a huge bottle of bubble liquid. You are going to blow some bubbles. These are special peace bubbles that will drift through the world, spreading peace everywhere. First, become very peaceful. Take a deep breath: as you breathe in, feel as if you are breathing in deep peace. Imagine that you are breathing peace into your lungs and whole body. Now breathe out peace into the atmosphere.

Now take your bubble wand, breathe in peace, and, as you blow out, blow as many bubbles as you can.

Imagine you are filling each bubble with peace. Breathe in peace again and blow out peace into the bubbles. Now watch the bubbles drift upwards into the sky and move along. Where in the world would you like to send them to? Just have a thought, and the peace bubbles will obey and softly land in the place where you sent them. The bubbles will spread thoughts and feelings of peace to that place. Breathe in peace again and blow some more bubbles. Watch as the delicate shiny bubbles of rainbow light drift softly through the air. They are carrying all your thoughts of peace to places in the world that need peace. It feels so good to be sending peace into the world. Blow your bubbles of peace for as long as you wish. Breathe in peace, breathe out peace. Breathe in peace, breathe out peace.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

I SEND PEACE INTO THE WORLD,
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