

REACHING FOR THE CLOUDS

Meditation

JUGAR | LIFE

TODAY I WILL TAKE YOU ON A MAGICAL JOURNEY TO A LAND OF MANY SURPRISES, SO CLOSE YOUR EYES AND TAKE THREE DEEP BREATHS, AS WE ARE ABOUT TO GO SOMEWHERE MAGICAL. AS YOU OPEN THE GATE TO YOUR SECRET GARDEN MANY COLOURFUL BALLOONS COME TUMBLING OUT TO GREET YOU.

THE BALLOONS ARE MADE UP OF ALL DIFFERENT COLOURS. THESE ARE NOT ORDINARY BALLOONS AS YOU ARE ABOUT TO DISCOVER. AS YOU PICK UP A BALLOON IT POPS IN YOUR HANDS. MAGICALLY EACH ONE HAS A DIFFERENT SURPRISE IN STORE FOR YOU.

YOU DISCOVER THAT THE BRIGHT RED BALLOONS HAVE CRICKET BALLS, BATS, HELMETS AND WICKETS, ALL BRAND NEW. YOU CALL TO YOUR FRIENDS SO THAT YOU CAN ALL PLAY A GAME AS IN FRONT OF YOU IS THE BEST CRICKET GROUND, IT LOOKS JUST LIKE WHAT THE PROFESSIONALS PLAY ON. YOU HAVE A WONDERFUL TIME AS EVERYONE JOINS IN; NO ONE IS LEFT OUT AND YOU ALL HAVE A GREAT TIME TAKING TURNS TO BAT, FIELD AND BOWL.

NEXT YOU CHOOSE A BLUE BALLOON AND A HUGE ROPE ROLLS OUT IN FRONT OF YOU. YOU WATCH IN WONDER AS THE ROPE RISES ABOVE YOU AND CONNECTS TO TWO LARGE POLES. AS YOU STAND THERE YOU SEE A SPECIAL BASKET TRAVELING ALONG THE ROPE AND YOU REALISE IT IS THE LARGEST FLYING FOX YOU HAVE EVER SEEN. THIS IS GOING TO BE SO MUCH FUN AS ALL YOUR FRIENDS CAN SHARE THE JOY OF SOARING ABOVE THE TREE TOPS, FEELING THE COOL BREEZE ON YOUR FACES AS YOU WHIZ ALONG THE FLYING FOX.

THERE IS NO NEED TO BE FRIGHTENED AS YOUR FRIENDS ARE HELPING AND SUPPORTING YOU AS YOU CLIMB INTO THE BASKET. YOU REALISE IT IS ALWAYS GOOD TO TRY NEW THINGS. ADVENTURES ARE FUN ESPECIALLY WHEN EVERYONE IS WORKING TOGETHER SO EVERYONE EXPERIENCES THE JOY OF RIDING THE FLYING FOX.

THE NEXT BALLOON YOU POP IS A BRIGHT GREEN BALLOON. INSIDE YOU DISCOVER A PAIR OF BEAUTIFUL YELLOW RUNNING SHOES. YOU QUICKLY PUT THEM ON AND FEEL AS LIGHT AS A FEATHER. YOU START TO RUN AND JUMP FEELING FREE AND HAPPY. YOU SEE YOUR FRIENDS ARE WAITING FOR YOU AND THEY ALL HAVE BRIGHT COLOURED SHOES ON TOO. THEY ARE ALL BOUNCING ON THE BIGGEST TRAMPOLINE, BIGGER THAN AN OVAL. YOU RUN TO JOIN THEM SO YOU CAN ALL BOUNCE TOGETHER DOING THE BEST SOMERSAULTS, JUMPING HIGHER AND HIGHER UNTIL YOU CAN TOUCH THE CLOUDS.

EVERYONE IS LAUGHING, SOME ARE HAVING A REST ON THE CLOUDS, AND YOU CAN HAVE A REST TOO OR FIND ANOTHER BALLOON TO SEE WHAT OTHER SURPRISES YOU WOULD LIKE TO SHARE WITH YOUR FRIENDS. I WILL COME BACK FOR YOU SOON WHEN YOU HAVE FINISHED PLAYING.

STAY WHERE YOU ARE IN A COMFORTABLE SAFE PLACE. WHEN YOU WAKE YOU WILL FEEL FULL OF ENERGY AND HAPPINESS, AS YOU HAVE JUST BEEN TO THE CLOUDS AND BACK.