

A close-up, high-angle shot of a glass bottle of sparkling water. The water is clear and bubbly, with numerous small, bright white bubbles rising to the surface. The lighting is bright, creating a shimmering effect on the water's surface. The overall color palette is a range of blues and teals, from light, airy tones to deeper, more saturated hues. The text is overlaid on the upper portion of the image.

**SPARKLING
WATER**
Meditation

JUGAR | LIFE

SPARKLING WATER MEDITATION INSTRUCTIONS

As you walk through the gate of your secret garden you are excited, wondering what adventures await you. As you look down you notice you are wearing swimming togs and you can see a winding footpath in front of you. Where does it lead to? You are feeling nervous and excited at the same time as you follow the winding path.

When you reach the end of the path you see three coloured doors in front of you. Which door will you choose? You decide to choose the orange door with its sparkling silver handle. You slowly open the door and you can hear the sound of water.

Before you are a wonderful waterslide so big that two of your friends can slide down with you at the same time. Do not be afraid of the waterslide because you know that you will be safe, your guardian angels are going to take care of you and your friends.

Slowly you sit on the edge of the slide; the water is warm and sparkling like gemstones in the warm sunshine. You take the hand of your two friends and push off down the slide. The water feels soft and wraps around you, making you feel safe; you are enjoying the feeling of sliding through the warm water. Then the most amazing thing happens. Beside you, there are dolphins swimming with you. They are so playful, turning and diving through the water.

You reach out with your hand and touch their slippery, silver skin. They feel very soft. You and your friends are having so much fun as you zoom along the slide with the dolphins, going through tunnels and under bridges. You reach the end feeling happy and very proud of yourself. It is the very best feeling to know you have swum with the dolphins.

SPARKLING WATER MEDITATION

INSTRUCTIONS

With great excitement, as you know that you have another two doors to choose from, you all race back to choose the second door. Which will it be this time? You let your friends choose the next one and they have chosen the purple door. As you open the door you are overjoyed to be greeted by another waterslide. You are all feeling confident now and all sit down together looking forward to your next adventure down the slide; 1,2,3, push off and away you all go. This waterslide has little waves and as you travel along the sparkling, blue water you are going up and down very gently, like riding the waves at the beach.

You feel something tickle your legs and arms; you are all giggling when suddenly up pops a purple octopus. You know he is friendly as he has a big smile on his face. As you slide down the slide bobbing up and down over the waves your new friend keeps tickling you on your head, tummy and everywhere. He has eight legs so you just can't stop laughing. You reach the end of the slide and, yes, there is one more door to open.

You and your friends are ready to explore the next door and only you know what is behind it. Off you go, have a wonderful adventure together and I will come back for you soon.

Stay in the comfortable position that you are in, focusing on your deep breathes in and out. You will wake feeling happy and energized ready to learn and have fun with your friends. Whenever you are worried or stressed think of the sparkling water adventure that you have just completed.