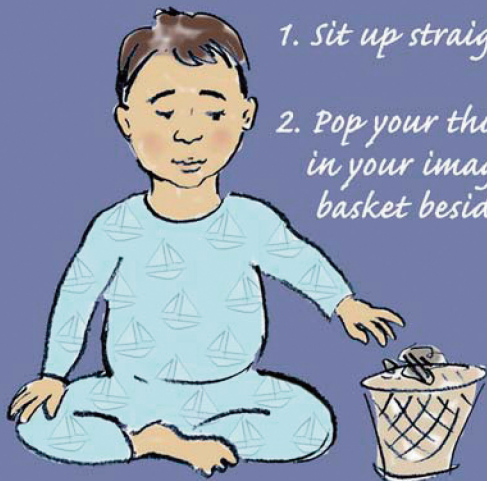


Bed Time Meditation

1. Sit up straight

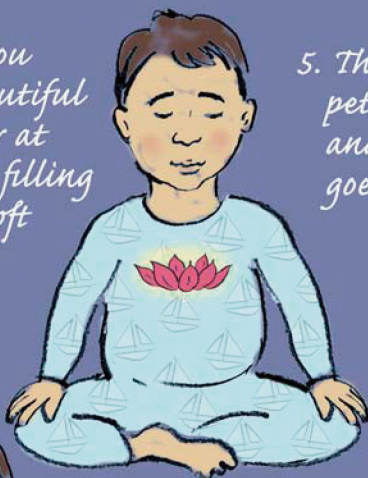


2. Pop your thoughts
in your imaginary
basket beside you

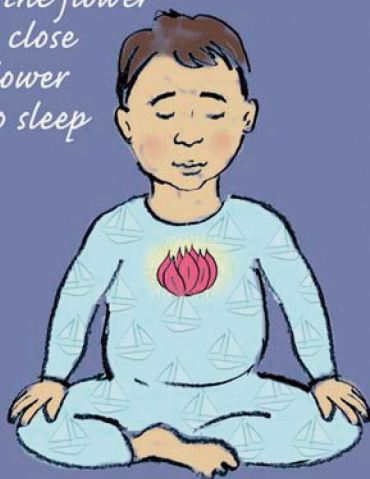
3. Take 3
big breaths
in and out



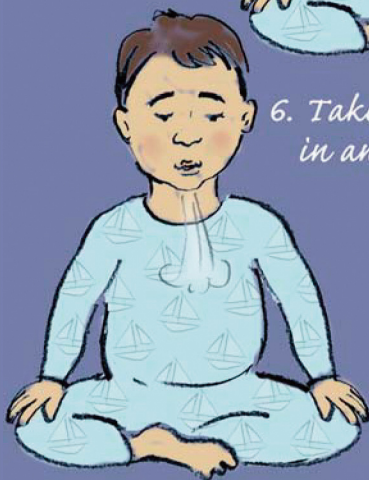
4. Imagine you
have a beautiful
open flower at
your heart filling
you with soft
blue light



5. Then the flower
petals close
and flower
goes to sleep



6. Take 3 big breaths
in and out



Then we say a little wishing prayer

I will do my best every day to be good
to my family and friends
I will try very hard to be happy, helpful,
kind and patient
And remember how nice I am
Sweet Dreams