

Quiet Space

Close your eyes, be very still and imagine there is a tiny space right in the middle of your head.

A tiny space where there is no noise and no movement. It is completely silent here. This is your own secret place, which you may come to whenever you like.

Nobody can come in because the door is right inside your mind and they wouldn't be able to find it. It's a place that only you may come to when you want to be alone and quiet. It's your private place.

Can you open the door inside your mind and step into this quiet space? It feels lovely sitting here in the quiet. It is so calm and quiet inside your mind.

As you stay there enjoying the peace and quiet, take in a deep breath. As you breathe in, breathe in a feeling of peace and as you breathe out, breathe out a feeling of peace. Breathe in peace, breathe out peace. You feel so safe and cosy here.

Just allow all your thoughts to slow gently down while you enjoy the peace and quiet. Repeat to yourself – I am quiet, I am quiet, I am quiet. Stay for as long as you wish feeling peaceful, peaceful. Feel quiet. Feel calm. Feel silent. Feel still. Feel quiet, feel quiet, feel quiet.