

## **The Freedom of the Forest Mindful Thinking**

Please find a quiet space and sit down in a comfortable position. Feel free to put on some gentle music or sounds of nature in the background. Take a deep breath and read the below. Take your time and absorb the words. Say the words with authenticity.

*You are free.*

*You find yourself in a beautiful inspiring forest.*

*There is no pressure from life.*

*You are free.*

*If there is any negativity or friction.. its OK... observe it and let it float by. This does not define you.*

*You have the power in your hands.*

*I AM FREE.*

*Everything is in harmony and there are no pressures in life.*

*What image does the word hope bring to you?*

*How does this make you feel?*

*What image does the word love bring to you?*

*How does this feel?*

*You have the power in your hands.*

*I AM FREE.*

*Feel the warmth of sun cascading through the tree tops.*

*You have the power to create a life of freedom.*

*You have the power to create a life of hope.*

*You have the power to create a life of love.*

*You are free.*

*You find yourself in a beautiful inspiring forest.*

*There is no pressure from life.*

*You are free.*