

# Meditation on *Connection*

**Slow down,  
relax and  
empty out  
your mind,  
so you can be  
fully present  
with your  
child. When  
we do this, we  
reconnect with  
our deeper self,  
inviting our  
kids to do the  
same.**

Close your eyes and take a nice deep breath in ... and gently let it out ... another nice deep breath in ... and out

As you are lying so safe and cosy in your bed ... imagine that you can hear the welcoming pit-a-pat of gentle rain falling softly on the roof ...

Feel how comfy you are ... snuggling up under the covers ... as the generous raindrops are nourishing our dear Mother Earth.

Now, imagine that you are a little raindrop ... and you are gently landing on a soft shiny leaf.

Feel how grateful the leaf is to receive your magic water ... and how welcome you are.

The rain is falling more heavily now ... there are many little raindrops joining you on your leaf ...

Feel how good it is to connect with other raindrops ... and playfully merge together as you slide joyfully down to the earth ...

And ... joining as one, into a little babbling brook.

Feel the joy and lightness of being this little brook ... how easy and fun it is to connect as one ... with all the other raindrops ... as you gently float downstream.

Floating so peacefully ... so freely ...

As you continue to flow now, other streams are joining you ...

Feel how easy it is to connect with the other streams, and flow together as one ...



As you become a wide, wide river now ... flowing so peacefully and gracefully.

Feeling the safety and strength of being this beautiful river ... as you generously share your waters with all who need them.

Flowing on ... and on ... feeling so light ... and free ...

And opening now, into a vast ... loving ocean ...

Merging effortlessly with all the trillions of raindrops ...  
as one ...  
as this ocean of love.



Drifting ... as the ocean ...

So safe ... so loved ... so free ...

**Use this  
precious time  
of meditation  
to deeply  
connect with  
your child,  
enabling them  
to journey  
within to their  
own inner  
place of peace  
and joy.**

