

Guided Meditation for Angry Thoughts and Feelings

Find a comfy position to sit or lie in. Take 3 deep breaths and on the last breath gently close your eyes. Now, breathe normally as you listen to the story.



You're walking through a field on a warm, sunny day. Listening carefully, you can hear the birds in the trees and you even spot some squirrels running through the grass. As you look around, you notice that a magical creature has appeared next to you with a special glass jar. The magical creature is very friendly and happy and says to you in a kind voice, "I want you to collect all your angry thoughts and feelings from your body and put them in my special jar".

So, starting at the top of your head you gather all the angry thoughts that are inside, wrap them up and put them in the jar. You watch them whizzing around as they make different colours in the jar, but they stay in the jar and don't come out.

Working your way down your body, you collect all the angry feeling from inside. From your face, your jaw, your mouth... From your shoulders, arms and hands, your chest, back and tummy... From your legs, feet and toes... When you get to the end of your toes you gather up all of those different feelings and put them in the jar with the thoughts.

You watch as the magical creature puts the lid on the jar and see that the angry thoughts and feelings start to create some amazing colours and shapes in the jar. You spend some time watching the patterns and colours as they change and play together. Indeed, you start to feel quite amazed at how beautiful the thoughts and feelings have become.



Then the magical creature says to you kindly "say goodbye to these angry thoughts and feelings. I'm going to look after them for you now". With that the creature turns around and walks away carrying the jar under its arm. You watch the creature as it disappears out of sight.

Then you notice that your body feels lighter, more relaxed and calm. Your thoughts are settled and clear. You can focus on just breathing in and breathing out, in and out, and you know that whenever you need, your magical creature will come with its special jar and gather all the angry thoughts and feelings so that you can find this calm and happy feeling inside you again.

