



# Sweet Dreams

BEDTIME VISUALIZATIONS FOR KIDS

*written by*  
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For my father, Gordon, who taught me how to tell a great story, and for my son, Dylan, who helped write this one.  
—M. G.

For M. G., who taught me about dharma, and for Ruby and Graham, who have become it.  
—L. S.

Sounds True  
Boulder, CO 80306

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Illustrations © 2019 by Leigh Standley

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This is a book of **ADVENTURES**.

Each journey will help you calm your mind and relax your body as you get ready for a peaceful night's rest.

You can fly through space, scuba dive with sea turtles, and shrink down small enough to ride on the back of a butterfly.

Choose where you want to go. You only need to pack your imagination and turn the page.

**LET'S BEGIN!**







## SHRINKING DOWN

Imagine you're in a leafy green rainforest.

Take a **DEEP BREATH IN** and a **LONG BREATH OUT**.

You are going on an adventure, but first you're going to shrink yourself down to the size of your pinky.

Start by scrunching your toes and feet. Take a deep breath in, squeeze them tight, and then relax as you breathe out. Now squeeze your feet, legs, stomach, chest,

shoulders, arms, and hands. Make yourself as tight as you can, and then release. One more time: take a big breath in and squeeze everything, even your face, and then let it all go.

You did it! You've made yourself so small! Now you are ready to explore. Reach out to touch a blade of grass. It is as tall as you are now.

You come to a flower stem that is as big as a tree to you. Bend your knees and hold them to your chest. Rock from side to side to shimmy-shimmy up the flower stem.





### What does your flower look like?

Climb right in. It is like you're in your own flower house. It smells so sweet inside. Take a **DEEP BREATH IN** and a **LONG BREATH OUT** to enjoy the aroma.

A butterfly comes fluttering down to offer you a ride. You climb on and quickly she takes off.

Rock back and forth to glide through the air. Imagine the wind in your hair as you flutter and soar over the rainforest. When you are ready, land gently back on the ground.

To grow big again, take a deep breath in and stretch your whole body—long, long, longer. Breathe out and relax. You are back to your normal size, feeling happy and relaxed.

