

# MELTING BUTTER





### **What to do:**

Imagine that you are a cold piece of frozen butter.

Inhale and make every part of your body tight and tense as if it was a frozen block and hold that frozen form for a count of 5.

As you slowly exhale, imagine that you were just placed on top of a warm piece of toast.

As you become aware of the warmth from the toast, you begin to melt into all of the nooks and crannies of the toast, filling up all of the open spaces as your body begins to relax, soften, and gently glide over the toast. Inhale again and become that frozen piece of butter, tightening each part of your body to freeze it in place. Exhale and melt. Let all of your stress, discomfort, or upsetting thoughts gently melt away. Repeat this 3 -4 times. Inhale, frozen butter. Exhale, melted butter.

Is there any part of your body that is having difficulty melting? Perhaps these muscles feel tight like frozen butter. Take a few gentle breaths and imagine as you breathe in, you gather warmth from the toast. As you exhale, send that warmth to any part of your body that you are noticing may be tight.

Continue this breath for a few more moments. (Pause for 15-30 seconds.)

Together, let's take a deep breath in, and a deep breath out.

Slowly open your eyes.