

Meditation “The Magical Firefly Garden”

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Make yourself comfortable. You can sit or lie down in whatever way feels pleasant right now. Take a few calm, slow breaths in and out. Squeeze your eyes shut tightly, wrinkle your nose and forehead, as if “gathering” your whole face toward your eyes. Count to 5: 1, 2, 3, 4, 5. Relax. Take a deep breath in, hold it, lift your shoulders up toward your ears, count to 10: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 — and then with a noisy exhale, release the tension, letting your shoulders drop. Now all together: squeeze your eyes shut, lift your shoulders, count to 10: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 — and relax. Feel how with each exhale your body seems to “melt” downward, releasing tension

into the ground.

Now imagine that you are in a magical garden. It can be a real place or an imaginary one. You begin walking along a path and notice that the garden is a little neglected. Look around. Is it easy for you to walk here? What do you notice first? What is the weather like? Is it bright or cloudy? Warm or cool? What sounds are there — birds, insects? What smells do you notice? See how some grass has grown too tall, some plants, flowers, and trees need care. You stop wherever you feel drawn to, observing whatever catches your attention. You listen to the sounds, notice the scent of grass and flowers. Pause.

Suddenly you notice a small box, a chest. Come closer and look inside. There are tools in it. Some are ordinary — a watering can, scissors, gloves. And some are magical. You have everything you need to care for this garden: tools, help, ideas, strength. Where would you like to begin? Maybe water the flowers, remove dry branches, plant something new, or simply clear the path? You choose which tool to take first. Feel it in your hands. What is it like — warm, light, glowing, heavy? You do this in your own way, at your own pace. There is no need to hurry or do everything perfectly at once. Pause...

Notice what you feel as you take care of the garden. If something feels difficult, you can ask for help: imagine someone appearing beside you who supports and helps you — it could be a person, a fairy-tale character, or a magical animal. Watch how the garden gradually changes. What has improved? What do you especially like? Which parts of the garden have become more alive? Where is there more light, color, and coziness? Pause...

Now find the most pleasant place for yourself in this garden. Maybe it has appeared on its own — or you create it with the help of a magical tool. Settle there comfortably. Sit or lie down. Feel that you are safe and calm here. This place seems to embrace and support you. Stay here for a while. Notice how calm, good, and cozy you feel. Pay attention: the colors are brighter and deeper here, the warm air seems to glow, the grass is softer, the plants seem to come alive. Some trees are strong and tall — they give you protection and support. Others are flexible and resilient — they help you feel light and free.

Look at the flowers around you: some glow in the dark, change color, slowly open only when approached with attention and respect. Every plant in this place is magical. Some help you feel calm, others — confidence, others — joy, and some — self-acceptance. You can approach any flower or tree. Notice which one draws you the most. This plant or tree seems to respond to you. Stay near it. Maybe you want to touch its leaves, notice its scent, simply stand nearby. Pay attention: what do you feel in this moment? What does it give you? Pause...

Evening comes. You notice fireflies. They appear gradually — small lights begin to flicker in the air. The fireflies move calmly and unhurriedly. You notice that each firefly is connected to one of your thoughts. When a thought appears — a small light glows nearby. You can simply observe: here is one firefly, here it flies, and here it slowly fades or drifts away. You do not need to catch them, chase them away, or figure out whether they are good or bad. You simply observe. Some fireflies shine brighter — these are thoughts that draw your attention. Others are barely noticeable and disappear quickly. You notice how thoughts come and go, like fireflies in the evening magical garden. If a thought seems too bright or intrusive, you can take a slow breath in and out and imagine the firefly drifting a little farther away, becoming softer, more transparent, calmer. The fireflies continue to glow gently around you — not disturbing, but illuminating the space. Remember this: you can observe your thoughts without fighting them. Pause...

This magical garden is part of your inner world, and you can return here whenever you need calm, strength, or support. Feel your feet, press them firmly into the floor. Take a slow breath in and out, and gently return to the present moment.

Questions after the meditation:

- What do you remember most about the magical garden?
(a place, a plant, the fireflies, a feeling)
- Was there something in the garden near which you felt especially calm or pleasant?
- Which firefly/thought stood out the most?
(no analysis — just observation)
- How did you feel after the meditation compared to the beginning?
(you can answer in one word)

- If you could take something from the garden with you into your everyday life — what would it be?
(a feeling, an image, an idea)
- Would you like to return to this garden again?
(yes / no / not sure — any answer is okay)

Do not correct or interpret the answers.

“I don’t know” is also a good answer.

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