

## Japanese Culture and Wellbeing: Being Mindful with Cherry Blossoms

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### Cherry Blossom Relaxation – Teacher Script

1. Get your body comfortable and gently close your eyes.
2. Slowly take three deep breaths, in through your nose and out through your mouth. (Pause whilst they take these breaths).
3. Spend a moment or two, relaxing your feet and legs. Let go of any tightness and notice as they become heavy and relaxed.
4. Imagine a beautiful wave of soft, pink cherry blossom rising from the earth and gently stroking your feet and legs, relaxing everything it touches.
5. Now I want you to notice your tummy, chest and shoulders and to imagine this wave of light pink blossom, washing over them...relaxing them as it goes.
6. Pay attention to your arms and fingers and allow the blossom to flow over them. Really notice how relaxed you are.
7. Finally, bring the soft blossom up over your head and allow it to wash over you, dispersing into the air around you.
8. Now, imagine you are standing in front of a huge, ancient cherry blossom tree. It is the biggest tree you have ever seen and has deep, deep roots and branches that reach out in every direction.
9. The branches are heavy with blossom and as you stare at the beautiful flowers you feel your eyes become heavy.
10. You breathe in the overwhelming scent of blossom and feel so, so tired.
11. You know you must find somewhere you can sleep safely.
12. Fortunately, this tree is very special because it is home to your very own blossom treehouse, a treehouse so special that has been designed completely by your own imagination.
13. The treehouse is nestled within the branches of the beautiful tree and you reach it by lifting a heavy curtain of soft pink blossom.
14. Picture how you would like your treehouse to look inside. You can add swings, windows, trapdoors, plants, animals, all your favourite things! Your favourite colours, textures... everything you imagine can become a reality.
15. Now, keep this picture in your mind and allow yourself to travel inside.

16. You can have everything you have ever dreamed of. Imagine placing pillows, waterfalls, plants, trees, birds, pictures of mountains- anything that makes you feel good! Design your treehouse exactly as you like.
17. Know that when you go inside your treehouse you feel really, really relaxed. This is a place to let go of all of your thoughts and worries.
18. Take a deep breath and allow yourself to feel very peaceful and relaxed inside your blossom treehouse.
19. Remember that this is a place that you can go any time you would like to feel peaceful and calm. Know that your treehouse is here and available whenever you like...whenever you would like to get away and relax you can find the blossom tree.
20. Now take a deep breath and imagine yourself walking down out of your treehouse. Your feet touch the soft grass and you feel a carpet of fallen blossom beneath your toes.
21. Stop and take a deep breath...keeping your eyes closed.
22. Rub your hands together to make them warm and gently place them over your eyes.
23. Take one last deep breath and start to bring your attention back to the room. Hear what is going on around you, feel the floor beneath your feet, your elbows on the table and when you are ready you may open your eyes.