

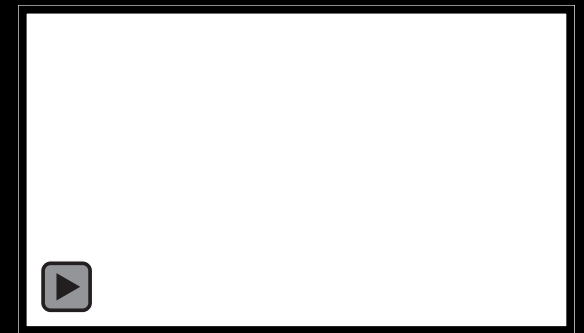
ELEPHANT BREATHING AUDIO GUIDE (6.5 MINUTES)

UNIVERSITY OF CALIFORNIA
UC RIVERSIDE | Gluck Fellows
Program of the Arts

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TAKE A LISTEN...

Let yourself relax, and be transported with this meditation...



To listen, click on play symbol. The audio will continue if you navigate to the next slide. To assure proper audio playback, make sure to have an updated version of Adobe Reader. Visit the following link to download: <https://get.adobe.com/reader/>

Included Audio: "Relaxing" by Benjamin Tissot

MEDITATION GUIDE SCRIPT

Elephant breaths are a simple and relaxing way to connect your breath and movement together and find calm in moments when you are feeling stressed out. This activity can be done in groups, on your own, and in all different locations, from your bedroom to your backyard to your desk or basement.

It's important that you find a quiet space where you can concentrate on your own body and your own breathing. This activity can take five minutes or fifty minutes depending on your needs. It's a great activity to do in the morning to get energized, as a brain break from doing school work, or before bed as a way to wind down...

MEDITATION GUIDE SCRIPT CONTINUED

Begin by raising an arm up into the air and start to imagine that you are an elephant, like an elephant you've seen at the zoo, in magazines, on TV or on a national geographic program. Imagine all of the details of that elephant, from the size of its feet to its height, the length of its trunk. Feel yourself become this elephant and imagine that your arm turns into the elephant's long, weathered trunk reaching up to the sky for air.

Feel your lungs and your nose or your elephant trunk fill with air as your fingertips reach up to the ceiling and as your fingertips lower, imagine that all of the air is being pushed out of your mouth. Every time you reach your fingertips up to the ceiling, imagine that you are breathing in, sucking in a little more air and every time you lower your arm back down to the ground imagine that you are letting even more air out of your mouth. Gentle breath in through the nose, long breath out through the mouth.

MEDITATION GUIDE SCRIPT CONTINUED

Continue imagining that elephant. Remember this elephant is unique to you and your imagination. Your elephant does not look like anyone else's elephant. You're going to imagine your elephant so much so that if I were to give you a piece of paper, you would be able to draw that elephant on a piece of paper. Maybe your elephant is microscopically small, or maybe it's bigger than planet Earth. Maybe your elephant is lavender colored and its trunk is as long as your entire house. Maybe your elephant is wearing a super hero cape and can fly.

Keep picturing your elephant. Does your elephant have speckles? Is it a solid color? Is it multi-colored? Let the elephant become more real as you continue to inhale and exhale, raising your arm or elephant trunk up to the sky and bringing it back down to earth. Breathing in through your nose, and breathing out through your mouth.

MEDITATION GUIDE SCRIPT CONTINUED

Now imagine that the elephant is getting bigger as your arm reaches towards the ceiling and imagine that like an accordion the elephant contracts and gets smaller as you let your air out. How can you keep this elephant in your mind's eye as you continue to raise your arm up and down? Continue breathing in and breathing out. Even if the elephant shrinks, can you hold onto all of the details? Keep breathing in and breathing out.

Keep visualizing the elephant as it gets bigger and smaller. Try to feel yourself rooting to the ground just like an elephant would with its giant feet with every breath that you take in and every breath that you let go of. Stick with the image of your elephant and continue focusing on your breath for as long as you would like. Know that your elephant will always remain with you, and that it will evolve and change as you evolve and change. The one constant is that your elephant will always be connected to your strong, powerful, energizing breaths.