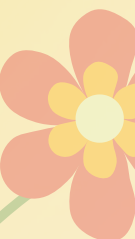


Miz Helena Books presents...



Sleepy Garden Morning Glow

soft dawn • slow breathing •
gentle imagery



Opening Softness

Hello, lovely one. Let your breath settle. Let your shoulders loosen. Let your heart feel warm and unhurried.

The Sleepy Garden is waking up – slowly, softly – and it's ready to glow with you.

Arriving in the Dreamy Meadow

Imagine stepping onto a floating leaf in the Dreamy Meadow. It rises gently beneath your feet, like a tiny lift made of morning light.

The air is warm. The glow is soft. The garden is stretching into a new day. Take a slow breath in. Let it out gently.

The Dawn Creatures Gather

A Glowleaf Firefly drifts past, its light softer now, like a fading star. A round Pollen Puff bobs lazily, still half-asleep. A shy Moonpetal Sprite peeks from behind a petal, its leaf-ears drooping in a cosy morning way.

They gather around you, forming a tiny circle of dawn glow.

You don't have to do anything. Just be here. Just breathe.

Dream-Dust Breathing

Snootle floats in, humming a warm morning tune.
He taps the air gently. A puff of dream-dust rises
— glowing softly in the dawn light.

Follow the dream-dust with your breath:
Inhale as the dots rise. Exhale as they drift and
fade.

Again, slowly:
Inhale... Exhale...

Let the glow settle inside your chest.

Morning Glow Affirmation

The garden glows with you. The creatures trust you. The morning is gentle, and you are part of its softness.

Take one more slow breath. Let it out like a warm sigh.

Closing Whisper

Carry this tiny glow with you. Let it warm your steps. Let it soften your day.

The Sleepy Garden is always here – morning, night, and every quiet moment in between.