

Miz Helena Books presents...



Floating Leaf Journey

calming daytime ritual • gentle
grounding • soft imagination

Opening Calm

Hello, lovely one. Take a slow breath. Let your shoulders soften. Let your heart feel warm and unhurried.

The Sleepy Garden has a quiet place just for you – a floating leaf that drifts wherever calm is needed.

Stepping Onto the Leaf

Imagine a wide, soft leaf drifting toward you. It's steady, warm, and shaped like a tiny boat.

Step onto it gently. Feel it rise beneath your feet. Feel it sway in the softest way – like a lullaby made of movement. Take a slow breath in. Let it out softly.

The Garden Opens Around You

The leaf begins to drift. Not fast... just a slow,
dreamy glide.

Around you, the Sleepy Garden stretches into
view:

- floating petals glowing softly
- dream-dust drifting like tiny stars
- gentle sparkles humming in the air
- quiet corners filled with warm hush

You don't have to steer. The leaf knows the
way.

Tiny Companions Join You

A Glowleaf Firefly drifts beside you, lighting the path with tiny dots of glow. A round Pollen Puff bobs along, wobbling happily. A shy Moonpetal Sprite peeks from behind a petal, watching over you with soft leaf-ears. They drift with you – not guiding, not pushing – just keeping you company. Take another slow breath. Let it out gently.

Snoozle's Kindness Glow

Snoozle floats in on his own leaf,
humming a warm, sleepy tune. He taps the
air gently. A puff of dream-dust rises –
glowing softly.

“This is kindness-glow,” he whispers. “It’s
what the garden gives when someone
needs a gentle moment.”

Let the kindness-glow drift toward you. Let
it settle softly in your chest. Let it warm
your breath.

Closing Softness

Your leaf slows. The creatures gather around you. The garden glows with quiet warmth. Take one last slow breath. Let it out like a warm sigh.

You can return to this floating leaf whenever you need calm, hush, or tiny magic.