

Miz Helena Books presents...



Dream-Dust Stretch Meditation

slow waking • gentle lengthening
• warm glow

Settling Into Softness

Hello, lovely one. Let your breath fall into a slow, cosy rhythm. Let your shoulders melt just a little. The Sleepy Garden is still half-asleep, wrapped in a hush of dream-dust.

The Dream-Dust Drift

A tiny cloud of shimmering dream-dust floats toward you – soft as morning mist, warm as a sleepy hug.

It gathers around your hands, your arms, your chest, inviting you to stretch in the gentlest way.

Glow-Stretch Ritual

Lift your arms slowly, like you're rising through warm light. Let the dream-dust follow your movement, trailing soft sparkles behind your fingertips.

Hold the stretch for a breath... and let your arms drift back down like falling petals.

Again, softly:

Inhale as you rise. Exhale as you float back down. Let the movement feel like glowing inside your body.

Tiny Lengthening

Roll your shoulders in slow circles. Let your neck tilt gently side to side. Let your spine lengthen like a sleepy vine reaching toward the dawn. The dream-dust settles into each stretch, making everything feel warm and unhurried.

Dream-Dust Affirmation

You are stretching into your glow. You are waking with softness. You are held in the gentle hush of the Sleepy Garden.

Closing Whisper

Carry this warm lengthening with you.
Let it soften your steps. Let it brighten
your day.

The dream-dust is always here, ready
to glow with you whenever you need a
tiny stretch.