

## Balloon Voyage

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English version: Help for English – [www.helpforenglish.cz](http://www.helpforenglish.cz)

Take a deep breath. Notice your breathing. If you'd like, gently close your eyes. Now imagine a hot air balloon. What color is the balloon? What does it look like? What is the basket made of?

Your balloon is not yet flying at the height you would like, but what does the surrounding scenery look like? Perhaps you're standing in a meadow, or flying low to the ground with mountains in the distance.

Picture yourself in the balloon basket. Notice the weights that are attached that prevent the balloon from soaring into the sky. It can be one weight, or many. It's up to you. What do they look like? Perhaps they are a sandbag, a sack, or a stone.

Now, imagine each weight on your basket is something you want to let go of. You may want to release an unpleasant situation, a hurtful conversation, or a troublesome idea. Give a name to each weight. Imagine each weight in the color and size that emotionally belongs to it.

Now we're going to slowly release each weight. Imagine yourself taking a big pair of scissors and cutting the ropes that hold the weights. Release them. One by one. With each cut, feel yourself grow lighter

After you cut the rope, observe what happens to each weight. Does it fall heavily to the ground with a big thud? Or does it drift down slowly like a feather? Does it simply disappear, or does it float away swiftly like a birthday party balloon?

Experience the moment when your balloon is free of all burdens. Notice the lightness. Let the balloon rise to the height that is pleasant for you. Imagine it floating freely in the clear blue sky. Smile softly and enjoy the ride.

Now, take a deep breath and with an exhale, open your eyes.