Calm Healing Dream

Open your mind
Let the breeze on in
If you're feeling bad no need to pretend
You're in Florida now
And the trees are palm
Close your eyes and experience the calm
Your body is starting to relax now
It's OK if you don't know how you are feeling
Take a deep breath
Your body is healing
Don't be afraid
You're on the winning team
Everything is normal
It's ok to dream
I hope you've been paying attention
Did I tell you what CHD stands for?
Did I mention
The C *is for calm*
Think before you react
I know it won't be easy
You're having qualms
Remember to breathe and stay calm
The H *is for healing*
The mental and physical
Take it easy on yourself
Don't forget to be gentle
When your body is relaxing
And you may not know the feeling
Don't worry, you're just healing
The D *stands for dream*
Let your mind go places It's never been
Like a river flowing upstream
Never stop believing in yourself
I encourage you always to dream.