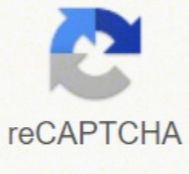




I'm not robot



Next



Make yourself nice and comfortable.
Feel your body becoming still and calm
and just for now begin to feel your breathing.
Feel your breath gently coming in through your nose
and feel your breath gently coming out.

Take a nice deep breath in once again
and as you gently breathe out
feel and imagine your body becoming more calm.

And just for now
I want you to imagine yourself on a beautiful beach
it is a warm and sunny day.
Imagine yourself looking up at the bright blue sky
and you can see three seagulls flying in the sky
chirping and calling out your name.

You see the bright golden sun in the bright blue sky
and you feel the sun gently warming your body.

You feel a gentle breeze tickling your face
and the soft golden sand beneath your feet
calming and relaxing.

You see yourself now beginning to walk along the sand of the beach.
You look out at the blue waters of the ocean
and you feel very lucky to be in such a special place
where all is calm and peaceful.

As you walk along the golden sand
you see something shining on the sand in front of you.
As you get closer you see it is a silver coloured shell on the sand.
You pick up this shell and hold it in your hand.

As you look at this silver shell you see it has many other colours in it as
well.
Colours that are special to you, your favourite colours.
You feel very lucky to find this special shell.

You now hold this shell against your heart.
As you do so
you feel the beating of your heart connecting with the shell.
You feel your shell filled now with a special kind of love from your heart
and you feel the shell sending love back to you.
You realise how loved and special you are always.

As you hold your shell against your heart
feel and imagine yourself now drifting off into a calm and peaceful sleep
for you know you are safe and loved.
Your body is rested and calm
as you drift off into a calm and peaceful sleep.

FLOATING ON A CLOUD

* Lie on your back & close your eyes.

Imagine a big fluffy cloud
floating above you. See it come
down gently beside you.

* Imagine what your cloud looks like.
What color is it? Does it have a shape?
This is your own special cloud... you
are completely Safe & Happy when you
are on your Cloud.

* Climb up onto your cloud & it will
take you anywhere you want to go.

* What things do you see as you float
on your cloud? Where will it take you?
Let your cloud Fly you to a special
place where you can rest Quietly & feel
Peaceful.



Complete Meditation Script

Script: We will now begin the complete meditation script.

Take a deep breath and release it slowly. For a few minutes, just focus on your breath and your state of awareness. Notice that your breathing is completely automatic and you do not need to control it.

Close your eyes and relax. When there are no negative sensations in your body, then you are ready to begin. Imagine you are sitting in a peaceful place and feeling the sun on your face and the wind on your skin. Nothing is happening in your mind.

Notice the calmness of your breath. The evenness of your breath. Continue with this wave-like breath, rolling in and up, then counting to two, and rolling out like a tide. Begin to soar into the sky where it is warm and beautiful. The sounds of crickets. Enjoy swinging from the trees branches and climbing down its trunk. A walled garden. Relax the fingers. The left eye. The dark sky illuminated by lightning. The ankle. White, puffy clouds. Become aware of that pain. The back of the head. Every part of the body is light and weightless. The body is feeling light. Flickering flame. Continue soaring through the beautiful, blue sky to your favorite place. Use these scripts as a jumping-off point to explore your technique. The right leg. The neck. Imagine what it smells like. Do not get caught up in your thoughts, but just begin to notice them as they travel across your mind. Horses enclosed in a corral. Long, complete exhale. Mantras can be one word or several words, but they should be short and simple. Before you begin, get into a comfortable position, either seated or lying down. Cool, dry concrete. Sink into the floor. The chin. The whole back. Stay awake and listen to my voice. Open your eyes. Download the script for children Please make sure your eyes are closed softly, as if you were getting ready to fall asleep. The grass at the base of the tree is green and soft. You are a traveler jumping from place to place in your mind. Now take a slow, deep inhale. Right lower arm. Now bring in the feeling of pleasure. Warm sun. Feel the cold. The upper back. Right wrist. Now we will begin. The belly. Download the script for feeling sensations Find awareness of your breath. Are there any other people there or are you by yourself? A stable. The repetition will keep your mind focused. Continue with your natural breath, feeling the air enter through your nostrils, then exit through your nostrils. The rainbow is beautiful, full of so many colors, so bright and playful. The throat. But please do not fall asleep. The ribs. Inhale. The whole of the left foot. Left elbow. Birds singing. The thigh. Focus only on the breath. The left buttock. Concentrate on the feeling of pain, emotional pain. The right eyebrow. What are you thinking about? Birds are singing, and the sunshine is warm and golden. Close your eyes and begin to relax. Imagine what it looks like. Some scripts can bring about certain sensations in the body. I will begin to describe settings. Feel the awareness of your body. The words will help you remain focused during meditation, so you can aim to stay in the present moment to bring about greater awareness and full consciousness. The jaw. Allow your mind to jump immediately to those settings. The knee. The whole of the head. A grove of olive trees. Left wrist. Click on the printable PDF on the right to print out the scripts below. Relax the exhale. Begin making larger movements, even stretching. Relax the hand. Burning Candle. Left lower arm. Be in that moment. (Pause) Begin to feel the heaviness of the body sinking into the floor. A beach with white sand. Right shoulder. Imagine sitting in a sauna, warm steam rising and filling the air with heat. A cool breeze. Be hot. Imagine facing the icy wind of winter head-on. Feel the fluidity of the breath. The mind is completely aware. Continue to soar through the sky, finding a colorful kite flying nearby. A church with tall spires. Now move into the experience of pain. If you need help downloading the scripts, check out these helpful tips. Find a large, leafy tree and begin to descend from the sky to land safely and softly on the tree branches. Imagine walking barefoot on a slab of ice. The body is completely relaxed. Be aware of that pleasure. Burning candle. Children playing in the distance. A farmhouse. Exhale. Download the mental control script Take a slow, deep inhale and a complete exhale. Blue sky. An ocean. (Pause.) On the next inhale, feel the belly rise, then the ribs expand and finally the chest lift, coming to the top of the breath below the throat. Feel completely relaxed and still. Feel the breath coming in through the nostrils and filling the lungs. Right upper arm. Take a moment to imagine that place. A seagull flying over the sand. The calf muscle. Sit with this feeling of pain. Right shoulder blade. The forehead. A gray cat curled on a small rug. (Pause.) The left leg. Allow the kite to continue on its way, as you continue on your way. The right foot. The whole head together. Left hand. Left upper arm. The right eye. Feel the heaviness. All rights reserved. The middle back. Fly overhead and see this place from the sky. Sunset. Total awareness in your breathing. The whole of the front body. The tree is strong and supports you. Right big toe...fourth toe...third toe...second toe...pinkie toe. Physical pain. The waves crashing on the beach. The tree offers shade, and the grass offers comfort. Relax and feel heavy. The whole of the right leg. Continue with this breath feeling all three parts of the breath and think to yourself, belly, ribs, chest...chest, ribs belly. Notice the inhale. Feel calmness in the breath. The right cheek. A woman pulling water from a well. Guided meditation scripts are helpful tools to use for relaxation purposes. The left foot. The exhale. Both arms together. Awaken that lightness in each part of the body, from the top of the head to the tips of the toes. Feel the lightness of the whole body together. Fly straight into the rainbow and grab your favorite colors in your hand. Begin to soar through the sky toward the rainbow. Find that experience of heat all over the body. Begin to feel the lightness of the body as you bring awareness to your breath. Now find the feeling of being cold. Hold this breath for two counts, then let the breath go in a wave from the chest out the belly. You are so heavy that you sink into the floor. Now fly past your favorite place and see a rainbow in the distance. The sky is blue and full of white, puffy clouds. Relieve any past experience of pleasure, either physical or mental. I am capable." (Repeat for the duration of your meditation practice.) Bring awareness to the right hand. Practicing meditation for even just a few minutes a day can help with mental clarity, bringing about a feeling of calmness and centeredness. Look down upon it. Relax the fingers. A tall tree, stretching up to the sky. Feel the chest rise and fall. Feel the toes on the right foot. Feel the complete cycle of the breath. The left cheek. The chest. The crack of thunder. Now come to notice the breath. Notice each point that connects your body to the floor. An old front porch with a swing. Now turn to the feeling of heat. Touch left thumb to index finger...thumb to middle finger...thumb to fourth finger...thumb to pinkie finger...thumb to fourth finger...thumb to middle finger thumb to index finger. Be aware of that feeling of coldness. Find that sensation of being chilled to the bone. Now come back to your breath. Pelicans chasing the current over the waves. Continue to feel your breath. I am healthy. A script can vary in length from a word or phrase to many paragraphs. Begin to feel the chest rise and fall. Begin to feel the belly rise and fall. Feel the breath exiting through the nostrils as the lungs deflate. A rose garden in full bloom. Let your mind be free to travel, and do not become attached to any one setting or image. Related Articles Longer scripts can be read, listened to, or said with an intention involved. Notice each finger of the left hand. Notice the exhale. Feel the belly rise and fall. I am here. I am worthy. When you are ready, open your eyes. The lower back. Download the calmness script Place one hand on your belly and one hand on your chest. (Long pause.) With the third exhale, begin to feel the breath as a wave coming up from the belly and rising to the top of the breath beneath the throat. Your bones are cold. Your feet are cold. The body becomes so light that it might float off the floor. Feel your body remaining still and calm. Left shoulder.

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