

## **Scenario 1: To feel more energetic**

### **Step 1:**

#### **Quiet background music**

(example <https://soundcloud.com/musicofnature/sets/immersive-binaural-soundscapes> )

#### **Voice:**

Welcome to this positive energy guided meditation.

Please take a comfortable seated position where you will not be disturbed to begin.

If it feels wonderful to you, I'll now invite you to close your eyes.

Take a moment to feel your entire body in the space it's in, from the top of your head to the soles of your feet, and all the way down your spine to your sit bones.

Take a deep breath in through your nose now. Hold your breath for a moment. Exhale completely through your mouth.

Inhale deeply once more. Hold your breath for a moment. Also, fully exhale. Allowing yourself to mentally let go of everything that is no longer benefitting you. Last but not least. Inhale. Hold your breath for a moment. And then completely exhale. Allow your breathing to return to its natural rhythm, and just begin to notice how your body rises and falls as you inhale and exhale.

Either in savasana or seated in a comfortable cross-legged position. Close your eyes and return your attention to your body. Pay attention to your breathing. Simply pay attention to how you breathe. Visualize your breath going in and out of your body in your mind's eye. Bring your attention back to your breath if it begins to wander.

Bring your attention to your right hand.

Take note of each finger on your right hand.

Touch your thumb to your index finger... middle finger to thumb... from the thumb to the fourth finger .. from the thumb to the pinkie finger... from the thumb to the fourth finger .. middle finger to thumb...

Index finger to thumb The hand should be relaxed. Fingers should be relaxed. Take note of the left hand.

Take note of each finger on your left hand.

Place your left thumb on your index finger...

middle finger to thumb...

from the thumb to the fourth finger

from the thumb to the pinkie finger...

from the thumb to the fourth finger

from the thumb to the middle finger index finger to thumb

The hand should be relaxed.

Fingers should be relaxed.

On the inhale breath, feel as your body begins to release any stress, negativity, or weariness, and on the exhale breath, feel as your body begins to release any stress, negativity, or fatigue. Allow it to drain out of your feet and out of your body. Take a few deep breaths in and out. Take a few deep breaths in and out. Inhale and exhale once more. For ten long delicious breaths, stay with these deep inhales and deep exhales.

### **Step 2:**

<https://soundcloud.com/rjsfoundsounds/sound-therapy-sessions-001-quiet-rain-thunder-and-waves>

### **Voice:**

Bringing more and more energy into your body with each inhale.

Feel the delicate vibrations of energy rushing through your body, from your feet to your brain and back again, becoming aware of the warmth and tingling of each cell. Begin to image all of the positive energy you've accumulated in your body, and imagine it blazing as brightly as the sun. Bring the bright glow of energy to the top of your head, to your crown core. Inhale and exhale slowly. Feel the warmth of positive energy travel down your face and neck starting at the top of your head. In your head, experience a sense of lightness and tranquility.

Inhale and exhale slowly. Feel the healing energy traveling down your arms to your finger tips, and over your heart core. Feel the love and warmth in your heart. Allow this beautiful energy to fill you with unconditional love while it heals you. Inhale and exhale slowly. Feel the healing energy flow down your body, into your hips and legs, all the way down to your toes. Feel yourself being grounded to the Earth by the healing positive energy. Feel focused, grounded, and safe. Inhale and exhale slowly and deeply. Positive healing energy now pervades your entire body. Allowing positive energy to freely circulate throughout your body. Feel this energy increasing in strength with each inhalation. Take a few breaths in and out. Take a few breaths in and out. Take a deep breath in and out once again.

Simply concentrate on your breath and let the wonderful energy to flow freely. Feel your intellect clear and alert, your body energized and vigorous, and your spirit filled with positivity and tranquility. Allow your spirit to be truly awakened by this beautiful energy. Inhale and exhale slowly and deeply. You can spend as much time as you want with your breath and these beautiful feelings.

Take both hands to the center of your chest, where your heart is, and repeat the mantra with me. I'm sufficient. Take this moment to just be with whatever thoughts, feelings, and sensations come in your life right now, wherever you are.

Please say the mantras "I am enough" and "I have energy" a few times more.

Bring your consciousness to the top of your head, then stretch it up above you and visualize a light or energy source. This could be a golden or white light, or even a liquid light falling from the sky and into your head.

Imagine a beam of light entering your head, neck, and shoulders. Allow light to enter your arms, hands, and entire torso. Feel the light run down your legs and into your feet as it descends to your hips. Start to awaken the sensation of lightness throughout your entire body by becoming aware of it as a source of light.

I am enough is a phrase that should be repeated over and over again.

Visualize roots connecting and grounding you to the earth by connecting to all portions of your body that contact the ground underneath you, such as your sit bones and possibly the soles of your feet. Now send your mind all the way down to the earth's core, and begin visualizing a new light source. Allow the light from the earth's core to pervade your soles, legs, and hips. Allow this nourishing light to enter your body, hands, and arms. Allow the light to enter your shoulders, neck, and entire head during this time. Consider your entire body as a brilliant source of light. Extend this light all around you, creating a protective aura that wraps around your entire body like a cocoon of shimmering light.

I am enough, repeat the slogan.

Visualize anything isn't benefitting you right now as a grey smoke leaving your body. Allow the protecting sphere of light that surrounds you to turn this grey energy into magnificent shining light once more.

Consider everything to be in a condition of perpetual flow and change. Now sit in your light cocoon without condemning yourself. Allow yourself to be present in any situation you find yourself in.

(Give yourself a couple of minutes to think about it.)

I am enough is a phrase that should be repeated over and over again.

As you inhale and exhale, become more aware of the natural rise and fall of your body. From the top of your skull to your sit bones and soles of your feet, feel your entire physical body in the area it is in.

Visualise this glowing aura or cocoon of light surrounding and protecting you if you ever feel depleted of energy or sense negative energy from people in the future.

Begin to reintroduce slight movement to your body, and then open your eyes when you're ready.

This positive energy guided meditation has come to an end.

**Scenario 2.** To feel less nervous

**Step 1.**

**Quiet background music** (example <https://soundcloud.com/deepmeditationmusiczone/ambient-soundscapes-relaxing> )

**Close the lights so that everyone can concentrate more. Make sure there is enough space for everyone to be comfortable.**

Voice:

Find a comfortable position with your head, neck, and spine aligned, whether you're sitting or lying down. Allow your legs to uncross and your hands to rest peacefully in your lap or at your sides. Close your eyes lightly and loosen any tight garments.

You use your imagination to generate images, colors, textures, smells, and sounds to transport you to an inner state of relaxation, healing, and calm in this guided imagery.

(The narrator calmly, slowly says:)

"Begin by taking a few leisurely breaths.... inhaling and exhaling completely.... Breathing in....and this time, see if you can direct the warm energy of the breath to any portion of your body that is tense, sore, or tight.... and then exhaling.... and breathing it out.... And any unwanted thoughts that arise can be expelled with the breath... released with the exhale... leaving the mind empty for a brief while... Any emotions that are rolling around inside can also be observed, acknowledged, and sent out with the breath, allowing your emotional self to remain peaceful and quiet... like if there were no waves in a lake"

"Now envision a place where you feel calm, serene, and at ease.... a place that is either imaginary or real.... a place from your past.... or somewhere you've always wanted to go.... it doesn't matter.... as long as it is a place that makes you feel good, safe, and tranquil... your nervousness has left your body. Your gut is relaxed. Your mind is tranquil. Your thoughts are calm."

"Allow the location to take on a life of its own."

(give them some minutes before talking again)

**STEP 2.**

**Quiet background music**

(example <https://soundcloud.com/stlabstudiomusic/meditation-soundscape-free-download> )

Voice:

"Glance about you.... take it all in with your eyes.... appreciate the colours.... the surroundings.... look to your right.... and to your left... And pay attention to the noises of the place, whatever they may be, getting to know all of the diverse sounds that your unique, secure spot has to offer.... And pay attention to what you're sitting or lying on... the texture of the ground underneath you... And smell its rich aroma.... notice the smells of your particular location.... And feel the air on your skin.... observe the warmth of your home.... Take note of the time of day... savour the sunshine and the tranquillity..."

"There is nothing to be nervous about. Everything around you is tranquil. You have no worries. You are floating in the feeling. The emotions, the smells, the air, everything is in sync."

"So soak it all in... with all of your senses.... get more and more attuned to your secure and lovely particular location.... feeling grateful and delighted to be there.... And let the vibrance of the place nourish you.... take it in with every full, deep breath.... all the way down into your belly.... all the way down to the tips of your toes.... feel the penetrating warmth and power of the place.... soaking into your skin.... down through the muscle and bone.... all the way to each and every cell...."

(Ask them to pause a little longer....)

"So, know that you can return to this location whenever you want to relax, revitalize, and cure your body, mind, and spirit, whenever you need to release all your nervousness and negative feelings that it creates..."

Simply locate a quiet time and location, settle into a comfortable position (sitting or lying down) and visualize yourself in your particular place.

Keep your eyes closed for a few moments longer... noticing how you're feeling... your body... your thoughts... your spirit... Feeling yourself seated in your chair... (or lying down) breathing in and out rhythmically and smoothly... slowly returning to the room... "When you're ready, open your eyes."

Throughout the day - Go to your "safe zone" to de-stress: on the metro, while waiting for an appointment, in the dentist chair, and so on - Choose your own times and locations to visit your "favorite spot."

In difficult situations and/or emergencies, close your eyes and envision yourself in your particular place when you start to feel tense, anxious, or in pain.

### **Scenario 3. To be hopeful**

#### **Step 1**

#### **Quiet background music**

**<https://soundcloud.com/bedtimesongscollective/mothers-heartbeat-of-the-sea>**

#### **Voice**

Make yourself at home.

Go somewhere where you can have some alone time. Wherever you can be somewhat comfortable and close your eyes or lower your gaze and focus lightly on whatever is in front of you can be a good place to practice this meditation.

Relaxed but aware, with your back straight but not stretched, sit in this position.

Breathe in and out and notice the sensations in your body.

When you're at ease, take five full breaths in and out. As you inhale and exhale, pay attention to the sensations of your body filling and emptying. As much as possible, immerse yourself in the sensations. Relax into the seat beneath you with each out-breath, bringing energy into your body and a sensation of letting go with each in-breath.

Allow your breath to settle back into its regular pattern after the five deep inhalations, and be aware of the sensations of breathing in and out.

Observe the pauses between your inhalations.

Start paying attention to the intervals between your breaths—the pauses after you inhale and exhale.

Are you able to pick up on these pauses? Observe what you can find there.

You can go out into the wilderness and find peace. Even if you don't have any thoughts going through your mind right now, you're still awake and conscious in that stillness.

When your mind wanders, bring it back to your breathing.

Continue to act as the empathetic and inquisitive observer you described previously. Observe your inner landscape, taking note of anything that arises—thoughts, physical sensations, feelings, memories, or concerns. After recognizing your thoughts, you can return to the breath and pauses in your awareness. It's fine to state, "Worry" while doing so. or "Itchy foot."

Don't allow yourself to get caught up in any ideas or feelings that may arise while you're practicing.

Pauses are a good time to let your mind wander.

Allow your focus to linger a little longer in the pauses between each inhalation. It's fine to hold your breath a little longer to extend the pause, but you won't feel like you're running out of breath.

If you begin to feel tense or anxious, simply focus on your breathing. The nervous system is thoroughly relaxed when you pay precise and attentive attention to bodily sensations.

## **Step 2:**

### **Quiet background music**

**<https://soundcloud.com/misskotton/fire-mountain-meditation-soundscape>**

### **Voice:**

Breathe in and out, and notice how your body expands and contracts with each breath.

Always be curious and kind in any situation you find yourself.

Always be on the lookout for negative self-talk and judgment. When you observe something, be kind and curious about it. Compassion and honesty are the best ways to treat yourself like a good friend.

Lie back on your back and let go of anything that's bothering you right now. As a result, you let each of them go. You have no time for them. Including all of your negative thoughts and anxieties. Imagine them all drifting away on a vast ocean.

You sit on the beach and hear a distant voice say, "Today, I am content."

I'm capable today.

Im hopeful today,

Today, I'm good enough.

Today my hope is stronger than anything else

Repeat 5 times

This particular day has brought me a great deal of joy.

This particular day has brought me a great deal of hope.

Today, I am able to do this.

Today, I have hope.

Today, I'm good enough.

Today my hope exceeds my expectations and fears.

Let the waves in your mind subside. You can see the vastness of the ocean clearly in front of you.

Repeat 5 times:

This particular day has brought me a great deal of joy.

This particular day has brought me a great deal of hope.

Today, I am able to do this.

Today, I have hope

Today, I'm good enough.

While keeping your gaze fixed on the crystal-clear water, you begin to understand that the voice is speaking directly to you, without turning your head. As soon as you open your mouth, you say:

Repeat 5 times:

This particular day has brought me a great deal of joy.

This particular day has brought me a great deal of hope.

Today, I am able to do this.

Today, I have hope

Today, I'm good enough

Don't stop now.

Stay with the practice for at least five minutes, paying attention to your breath, sitting in the silence, and watching with curiosity.

Take a deep breath and finish when you're ready.



## **Scenario 4: To feel more creative**

### **Step 1:**

<https://soundcloud.com/juki/breath-of-the-source-1h-meditation-soundscape>

Setting yourself free in order to become more creative

#### **Voice:**

You've arrived at the present moment, which is a wonderful place to be. Just a quick reminder before we begin: this time is all for you. No anxieties, no to-do lists, and no distractions are allowed.

Take time to get used to where you're at. Perhaps you can straighten your back or draw soft circles with your nose, allowing your neck to relax. Deepen your breathing when you've settled into a state of calm. A person breathes in through their nose and then exhales through their mouth. Again.

Focus on the ground beneath your feet. Firm. Strong. Continue to inhale and exhale from the top of your head. Take a deep breath and let the crown lighten up like a feather.

Relax your forehead. Unclench your jaw.

Float higher as the rib cage loosens. Inhaling and exhaling, your unencumbered upper body pushes you upwards, making it more difficult to stay connected to the earth. As you make your way down the arms and tummy, resist the temptation to give in. When you get to your hips, imagine two tightly-screwed locks loosening and bursting open on the count of three.

One, two, three...

Gently release the remainder of your body as you go through it one by one. Thighs. Knees. All the way down to the soles of your shoes. From the big toe to the pinky, a mental countdown First, second, third, and fourth. Let go of your pinky finger. Five. You have your freedom back.

### **Step 2:**

<https://soundcloud.com/meditationofficial/nature-soundscape>

#### **Voice:**

As you close your eyes, visualize the following mantras in your mind:

I am creative

I am free.

I am capable.

I am strong.

Open your eyes and say the mantras out loud.

I am creative

I am free.

I am capable.

I am strong.

Close your eyes once more and focus on the flow of energy throughout your body. Your entire body is filled with this inexhaustible, warm energy as you repeat the mantras.

Feel the earth's vitality surge up and flow freely through your legs as your feet awaken.

Now that I'm free, I can do whatever I want.

Focus on letting the energy ascend from your midsection to the tops of your lungs. Taking a deep breath will allow you to feel the expansion of your lungs and your entire chest.

I have the ability to do this. I have the ability to create

When your shoulders and arms are aligned with each other, the energy rushes down your arms, past the elbows, to each fingertip. Fist your hands together tightly, then let go of your fingers and they will gradually fall open again.

I am a powerful person. I am a creative person

Breathe up through your throat and feel the energy surge up through your face and head to the crown of your head. Allow nothing or no one to stand in the way of achieving your goals today.

I am creative

I am free.

I am capable.

I am strong.

## **Scenario 5. To feel less anger**

### **Step 1:**

<https://soundcloud.com/juansanchezcomposer/relaxing-music-whale-sounds-for-meditation-sleep-relaxation>

### **Voice:**

Take three deep breaths after getting into a comfortable posture, such as sitting in a chair or lying down on a couch or bed. You can begin to let calm and contentment to flow through you as you breathe in and out, however that seems to you. Allowing calm to flow up and across your forehead, starting with your eyelids. This relaxation can travel across the top of your head, down the back of your skull, and into the muscles at the back of your neck. As you let comfort and relaxation to flow through and down now, down from your eyelids, down through your face, all those muscles there are just beginning to relax in their own way.

The feeling of relaxation washed over me like rain on a window pane. Relaxation going down your cheeks, jaw (so you're not clenching your teeth together), and neck muscles. The muscles in your head, face, and neck are just starting to relax. It's possible that your head is feeling a little heavier, in which case you can let it to shift to its most comfortable position to one side or the other, or be supported even more by the chair's back. Feeling entirely supported in the head. Allow the same sense of relaxation and comfort to permeate through your shoulders and down into your arms. In your mind's eye, the road is flowing all the way down. All of the muscles at the top of your arms should be tense. Across your elbows and into your hands via your lower arms. Into your fingertips, even. All the way down to the tips of your fingers.

That's right, all of the muscles in your arms are beginning to relax, letting go of any tension, and that relaxation and feeling of ease is going all the way down. All of the muscles are becoming looser and more comfortable. Allow that relaxed sense and contentment to pervade your entire body, from the back of your neck to all of the muscles in your back. Flowing like a stream all the way down. Going down from the front of the neck, allowing that relaxation to flow down through all of the muscles in and around your chest, so that you are only using the muscles you need to breathe easily and comfortably. You can gradually become aware of the deeper state of ease when all of the muscles around your waist, your tummy, your abdomen, and all of those muscles begin to relax and feel more comfortable.

Imagine walking along a route that leads to a gorgeous beach in your mind's eye. Use all of your senses to take in the colors, smells, noises, objects, and overall vibe of the location as soon as you arrive. You may be alone on the beach, or you may have been joined by strangers, friends, or even animals. Everything is just the way you want it to be. This location is ideal for you today. This location is welcoming, pleasant, and secure. You can hear the waves, smell the salty sea breeze, and feel the sand under your toes. Find an area on the beach where you can sit or lie down and relax for a bit. Feel the love and support that is available to you today on the beach. Nothing has the power to affect you. Nothing can get in your way. You are protected and supported here, regardless of what happens in the outside world. This beach is a calm and relaxing environment.

### **STEP 2.**

<https://soundcloud.com/juansanchezcomposer/one-hour-of-autumn-forest-sounds-for-meditation-sleep-relaxation>

**(Every shift from one stage to the next of the music is done gradually.)**

**Voice:**

As you relax even more, you'll notice the warmth and comfort of the sun on your body's skin. It's just the right temperature, and there might be a cool wind on regions of your body that need it today. Feel the sun's warmth and the sand's contact with your rest of your body. The soothing warmth of the sun begins to flood the centre of your body with a soothing healing glow. You can start to detect this comfortable, warm, and safe spot in the core of your body.

You can feel the sense of security and warmth spreading. It's a lovely sensation, and you can envision the warmth radiating outward from your core, almost like sunrays. Warm, comforting, peaceful sensations are now spreading throughout the torso. It's almost as if the comfort and warmth is spreading throughout the body, abdomen, chest, and lower, middle, and upper back. Spreading up the spine's length, into the neck and head, and down the spine's length to the tailbone. And you can feel this warm, pleasant sensation flowing down your legs, all the way to your feet, and you can even feel it creeping up over your shoulders and down, down your hands. It's possible that you'll be astonished to realise that your hands are becoming increasingly warm. Your hands are becoming increasingly warm, almost as if they are being warmed by the sun, with the heat from the sun reaching the tips of your fingers, or as if you are holding a hot cup of coffee or tea, or a hot bowl of soup. Imagine the heat entering the tips of your fingers, and the warm, healing sensation moving down your arms and into your fingertips. There's no need to try; simply let yourself feel the warmth in your hands, as you may silently tell yourself. My hands are becoming very heated. Pleasant feelings are easy to come by. My hands are becoming very heated. I'm feeling the sun's heat. I can feel the warmth of my core flowing down my spine. My hands are becoming very heated. Simply appreciate this level of relaxation that you have created for yourself, feeling at ease throughout your entire body and feeling extremely calm. I'm just taking a break.

In a few moments, we'll be on our way back, away from this lovely, safe, and relaxing beach. And you can envision yourself leaving that beach and walking to the walkway and leaving it, knowing that you can return to this location whenever you choose, that it will always be there for you to return to. You may notice that you are returning to a level of consciousness. Slowly count from A to E, remembering any aspects of this relaxation that were valuable to you today as you return to a state of awareness.

A - Starting to ascend back to a state of awareness.

B - Wriggling fingers and toes, becoming more attentive and aware.

C - Feeling more peaceful and centred as you become more aware. Returning even more fully.

D - Returning to the starting point and stretching a little.

And E – you can fully awaken and open your eyes, feeling revitalised and alert.

## **Scenario 6. To be more thankful**

We will learn to be grateful for the people in our life through this script, even those that bother us at times. This makes us inherently happier, and it even increases our patience and tolerance for other people's flaws. We've also expressed gratitude for nature, which has made us enjoy it even more.

### **Step 1.**

<https://soundcloud.com/guidedmeditationmusiczone/peaceful-music-for-meditation>

Deep breathing activates the parasympathetic nerve system, which promotes feelings of well-being.

### **Voice**

Please sit in proper posture. Place your feet shoulder-width apart on the floor, firmly planted. Maintain a straight but relaxed spine. Allow your shoulders to go slightly outwards to enlarge your chest area. To lengthen your neck, tuck your chin down a little.

Close your eyes and take five deep breaths:

Before you start thinking about being and feeling thankful, it's vital to have your mind in the right frame of mind. You won't be affected by undesirable ideas or sensations this way.

Breathe in and out through your nose, concentrating on the sensation of air passing between your nostrils. Inhale deeply for at least 25 breaths in this manner.

Begin the thankfulness meditation by mentally including the individuals you care about. You're probably already grateful for the individuals you care about. Bring them up in your imagination.

Imagine one of your favourite people. I imagine hugging them. Think of an activity/act you do with them that makes you very happy. Then reflect on that joyous emotion.

Begin with one person you actually care about. "I am grateful to have (person) in my life," repeat after me.

While repeating this phrase, recall a time when you were sincerely grateful for this person. Consider what they did that made you joyful. You should experience a sense of joy in your heart. Recognize how you're feeling. Then repeat the mantra with someone else close to you, remember of a time when you were grateful, and concentrate on it.

One of the advantages of meditation for feeling thankful is that it enables us to feel happier and less unhappy and depressed. At this point in the meditation, you will notice this.

### **Step 2.**

**(Every shift from one stage to the next of the music is done gradually.)**

**Music example:**

<https://soundcloud.com/juansanchezcomposer/one-hour-of-torrential-rain-sounds-for-meditation-sleep-relaxation>

## **Voice**

The next step is to express gratitude for persons with whom we have no strong feelings (we don't like or detest them). This is significant because it makes us appreciate individuals in general.

Make a mental note of one individual you know but aren't particularly close to or detest. Now think of one thing that this person does for you that makes you grateful. It does not have to be a major undertaking. It can be something insignificant.

One of my acquaintances, for example, is the woman who works at the convenience store where I frequently shop. She constantly has a beautiful smile on her face. And I am grateful for that. As a result, that comes to mind. I imagine her giving me a friendly smile. "I am grateful to have you in my life," I say again, repeating the gratitude mantra. I notice the pleasant feeling of joy in your heart once more. Another benefit of gratitude meditation is that I always feel more well-being when I do it

## **Step 3.**

### **Music example:**

<https://soundcloud.com/juansanchezcomposer/tranquil-waterfall-sounds-for-meditation-on-sleep-relaxation>

Self-appreciation: This is, without a doubt, the most crucial aspect of our thankfulness meditation script. You want to be thankful for who you are. This is done in the same way as before.

The importance of self-gratitude cannot be overstated. It aids in the development of self-esteem and self-love, both of which are essential for general health. One of the most significant advantages of thankful meditation is that it increases our self-esteem.

## **Voice:**

Begin to notice the weight of your body sinking into the ground.

Now it's time to pay attention to the breath. Feel your stomach rise and fall. Feel the rise and fall of your chest.

As you bring consciousness to your breath, begin to sense the lightness of your body. The entire body is at ease. The mind is fully conscious. The body has a light vibe about it.

Bring your attention to your toes. On the right foot, feel the toes. Consider how your toes are connected to your left foot. Big toe on the left, fourth toe on the right, third toe on the left, second toe on the second toe on the second toe on the second toe on the second toe on the second toe on the second to The foot on the left. The back of the heel. The bottom of your foot. The ankle is a common injury. The left foot as a whole. This is the right foot. Right big toe, fourth toe, third toe, second toe, and pinky toe. This is the right foot. The back of the heel. The bottom of your foot. The ankle is a common injury. The right foot as a whole. Both feet should be together.

(Pause.)

The leg on the left. The shinbone. The calf muscle is a muscle in the lower leg. It's the knee. It's the thigh. The buttock on the left side. The entire length of the left leg. The leg on the right. The shinbone. The calf muscle is a muscle in the lower leg. It's the knee. It's the thigh. The buttock on the right side. The right leg as a whole. Both legs should be united.

(Pause.)

The hips, to be precise. The area of the lower back. The middle of the back. The back of the upper body. The entire back. The entire back. The entire back.

Shoulder blade on the left. Shoulder blade on the right. Shoulder on the left. Upper arm on the left. Elbow on the left. Lower arm on the left. Wrist on the left. Hand on the left. Shoulder to the right. Upper arm on the right. Elbow to the right. Lower right arm. Wrist on the right. Hand on the right. Both arms are joined together.

The chest is where it all starts. The ribs, to be precise. The stomach. The entire front half of the body. The entire front half of the body. The entire front half of the body.

The back of the neck. The back of the head is the most important part of the body. The top of the head. The brow on the left side. The brow on the right side. Between the brows is a gap. The eye on the left side. This is the right eye. The cheek on the left side. The right cheek is the most prominent. The jawbone. The tongue is an important part of the body. The lips, to be precise. The chin, to be precise. The pharynx. The entire head is involved. The entire head has come together. The entire body as a whole.

Feel the weightlessness of your entire body.

Feel heavy as you relax. Lie down on the ground. Relax your entire body.

Relax.

Feel your body's connection to the ground.

Feel yourself become more conscious of your body.

Make little motions at first.

Do not close your eyes.

Finally, take a deep breath.

Consider one quality about yourself that makes you grateful to be who you are. "I am glad for myself," repeat the gratitude mantra ten times. Take a time to reflect on the sensation of appreciation once more.

Take a few soothing breaths in through the nose and out through the mouth to end our appreciation meditation practice. You've completed the task!

## **Scenario 7. To feel less anger**

### **Step 1.**

#### **Quiet background music**

(example:

<https://soundcloud.com/andreas-stock-6/relaxing-music-for-meditation-with-birds-of-the-spessart-forest-short-version>)

Tell participants: Wherever you are, find a comfortable position. Close your eyes or simply lower your gaze downward, whichever feels more comfortable to you.

#### **Voice:**

Close your eyes or simply lower your gaze downward, whichever feels more comfortable to you. Let's start with the basics. Take a big breath in and let the stress leave your body as you exhale, continuing to take long, calm breaths.

Mentally scan your entire body, noting how it feels right now. Concentrate on the areas of your body that are tense or uncomfortable, and relax them.

Feel your body relax..... gradually releasing tension and anger..... letting go of stress....

I want you to imagine a protective glow as you rest your body.

Consider imagining a protective light surrounding your body, almost as if you were glowing.

This light can protect you right now from worry, anxiety, worries, and other issues that appear to be bothering you.

Imagine being surrounded by light in your head... It could be hot... or it could be cold. Regardless of how it shines, As this protective light surrounds you, notice how calm and comfortable you feel.

The light acts as a shield, blocking any negative energy. It's like armour that can protect you while also making you feel at ease.

Imagine your entire body being engulfed in your protective glow, from head to toe.....

### **STEP 2.**

**(Every shift from one stage to the next of the music is done gradually.)**

Background

<https://soundcloud.com/juansanchezcomposer/one-hour-of-babbling-brook-sounds-for-meditation-sleep-relaxation>)

Voice:



Your focus should now be on your feet.... Let go of the strain... noticing how relaxed and possibly tingling your feet are. Take note of how your protective light is encircling your feet.... Allow the light to travel up your legs, to your ankles, and to your lower legs. Feel your lower legs relax as they are encircled by light, soft, weighty, and calm. Your upper legs are now relaxed and surrounded by light, making you feel incredibly warm and at ease.

Allow yourself to be supported by this light, giving your legs a much-needed break from their daily work of keeping you anchored.

Turn your attention now to your hands.... feel the tension and anger dissipate as your hands become relaxed, languid, and heavy, as well as your wrists and arms.... all surrounded and protected by protective light.

Feel the light infiltrate your body. Feel the light pouring from the center of your body, out to your back.... chest..... hips..... illuminating your body. Relax in the core of your body... starting at your stomach... and flowing outward.... Your entire being is now protected by a barrier of brilliant light.

Allow the soothing feelings to go up your body, through your neck and shoulders, and all the way to the top of your head. Relax the muscles in your face.... The protecting light radiating warmly on your face, your entire body, as you let go of tension and all the bottled up anger....

You are engulfed in your light from head to toe, safe from any worries or troubles.... basking in protective light.

(pause)

There may still be some places of stress in your body, as well as some worry in your thoughts. You might be able to visualize these tense spots as dark. Imagine the protective light drawing the dark stress out of your body. As the worry and stress leave your body and mind, notice how they fade away.

Because of your glowing shield, which shields you from everything that isn't good, this protective light acts like a magnet, attracting the dark tension and anger out of your body and away... repelled by the light once the tension and anger has left your body, it is gone and unable to return.

The light attracts harmony by functioning as a magnet for positive, tranquil ideas.

Feel the protective light releasing stress and providing relaxation to you.... sheltering and protecting you while assisting you in feeling even more at ease.

Enjoy the sensation of being safe and protected by your protective light barrier.

(pause)

You are calm, tranquil, relaxed, and secure.

(pause)

It's now time to get back to work. Remember that you may visualize this protective light whenever you need it, and that you can use it to repel stress, tension and anger while also restoring yourself.

Return your attention to your breathing, inhaling deeply and exhaling slowly.

Now concentrate on your body's reawakening. Gently move your body, allowing your muscles to awaken. If you'd like, stretch a little more.

Allow your thoughts to wake up and become fully alert while remaining comfortable.

Open your eyes and glance back at the group when you're ready.... completely awake, invigorated, and relaxed. If your camera is turned off and you want to switch it back on, now is the time...



## **To Feel Less Lonely**

### **Stage:1**

Quiet background music (Example:<https://www.youtube.com/watch?v=zcYDowKDxC4>)

You may allow your positive thoughts to flow in the background as your life goes by. Now I want you to close your eyes slowly and focus on my voice and the music, in a position where you feel comfortable.. Now I want you to free yourself. Free your mind, just focus on your breathing.

(breaks of 20 seconds)

Take a deep breath and slowly exhale. Take a deep breath and exhale slowly. You can take a deep breath and hold it for a few seconds, then let it out slowly. Focus on your breath and feel every breath you take in every part of your body. Feel your body relaxed, relax and lighten as you breathe in and out. Feel every point where your breath passes, feel it with every breath. A feeling of deep relaxation spreads throughout your body with your breath. Feel your whole body and soul in this moment.

(breaks of 20 seconds)

### **Stage:2**

Quiet background music (Example:<https://www.youtube.com/watch?v=zcYDowKDxC4>)

These days when you feel alone. Focus and realize that your most important strength is your heart. Focus on your breath, feel your body and mind, relaxed and relax with each breath.

You love life, you enjoy living it. Take a deep breath, let it out slowly, and think about the things that are good for you to enjoy living. You can take the journey yourself and enjoy it. You are encountering beautiful moments that made you happy, loved, valued and thought you lost in the past. This familiar feeling makes you feel good. You know and feel that you are not alone. You are where you feel safest and you are at peace. You are with the people you trust the most in your life. You feel safe.

You choose to enjoy life and live the happiness of being with the people you love. With this journey you make for yourself, you get away from your loneliness. You can hear the wishes of your heart that you have forgotten until today. By facing your own reality, you realize what you want and what will make you happy. You see that you can enjoy your life by letting it flow. You choose to enjoy the life that has been given to you. You are grateful for every breath you take. You feel relaxed with every breath you take. You love your body and thank it for serving you. You stay away from everything and everyone that is not good for you and makes you feel lonely. You prefer to be happy with what you have. You are not alone and you feel it. You know that distances don't really matter. You are with the people you love the most, where you feel safest. You are happy with them. You love life, you love to live and you enjoy living it. You are enjoying this journey you are making for yourself right now. You encounter beautiful memories that you loved and valued in the past that made you happy. This familiar feeling makes you feel good.

You say goodbye to all the energies that are not good for you. Now you realize that everything and everyone you say goodbye to is for your own good. You get the most beautiful feelings of everything you have experienced in the past and you continue on your way with these beautiful feelings. These days when you stop and breathe, you are happy to return to yourself, you know and feel that you are not alone. Now you are where you feel safest and you are at peace and at the same time you are safe. You are in control of your life, you choose to enjoy life. You can hear the wishes of your heart that you have forgotten until today. You gradually learn what you want and what can make you happy. You see that you can enjoy life when you let it flow. Thank you for this deep breath that I can take.

You say goodbye to all the energies that are not good for you. You accept that everything and everything you leave behind is for your own good. You continue on your way with the beauties you have. You know and feel that you are not alone. You know distance doesn't matter when you close your eyes. You are safe with the people you value most in your life. You are in control of your life, choosing to enjoy life and discovering yourself.

Now keep breathing slowly and feel every breath you take, realize that you are not alone with each breath you take and be grateful for what you have. Feel your body relaxed, relax and lighten.

Now return to your present environment and slowly open your eyes when you feel ready.

## To Feel Happier

### Stage:1

Quiet background music (Example: Soothing Music for Anxiety & Stress Relief - Instant Mind Calm, Deep Relaxation, Peace (Calm Mind))

You can let positive thoughts flow in the background as your life goes by. Now I want you to slowly close your eyes and focus on my voice and the music, in a position where you feel comfortable. Now I want you to free yourself. Free your mind, just focus on your breathing.

(breaks of 20 seconds)

Take a deep breath and slowly exhale. Take a deep breath again and exhale slowly. You can take a deep breath and hold it for a few seconds, then let it out slowly. Focus on your breath and feel every breath you take in every part of your body. Feel your body relaxed, relax and lighten as you breathe in and out. Feel every point where your breath goes, feel it with every breath. With your breath, a feeling of deep relaxation spreads throughout your body.

(breaks of 10 seconds)

Now I want you to imagine a place that will be good for you, where you will feel happy and peaceful. You are in the moment and you are alone with yourself. (silence). Continue to breathe deeply in the peaceful environment you are in and feel that you are happier and more peaceful with every breath you take. You are here and now, at peace and at the same time safe.

It's up to you to be happy in life, just allow yourself to realize your thoughts and dreams. Happiness and peace lie within you. Now, feel this happiness, take a deep breath and let it out slowly. As you get rid of bad thoughts with every breath you take, you feel happiness and peace everywhere. I love myself as it is, and I am now happier and more peaceful with the love inside me.

### Stage:2

Quiet background music (Example: Rahatlatıcı Piyano Müziği - Güzel Rahatlatıcı Müzik, Uyku Müziği, Stres Giderici|"Our Journey")

Enjoy the moment you are in, stop controlling yourself and your life. You live in the moment and fill yourself with peace. You see the beauties around you better and integrate with them. Your self-confidence increases, your perspective on life changes positively. You love yourself and continue to enjoy the moment you are in.

As you continue to breathe deeply, you feel your body relaxed, relax and lighten with each exhalation. Enjoy the environment you are in that gives you peace, strength and happiness. When you are happy, think that your body and mind relax.

Now you are open to the person and all thoughts that will make you more happy and think that everything you desire comes into your life over time. Feel that new opportunities are coming your way every day to be happy and make you happy. It flows happily in the natural flow of life. There are many harms in your life that will make you happy. Your

thoughts are completely under your control and only you control your thoughts. You deserve happiness unconditionally.

As you continue to breathe deeply, feel your body relax and relax with the happiness you live in. Feel every breath you take, be grateful for every breath you take. Feel your body relax, relax and lighten. You can go back to the moment where you are now and slowly open your eyes when you feel ready.

## To Feel More Patience

### Stage:1

Quiet background music (Example: Beautiful Relaxing Music - Meditation Music, Peaceful Piano Music, Relaxing Music)

You can let positive thoughts flow in the background as your life goes by. Now I want you to slowly close your eyes and focus on my voice and the music, in a position where you feel comfortable. Now I want you to free yourself. Free your mind, just focus on your breathing.

(breaks of 20 seconds)

Take a deep breath and slowly exhale. Take a deep breath again and exhale slowly. You can take a deep breath and hold it for a few seconds, then let it out slowly. Focus on your breath and feel every breath you take in every part of your body. Feel your body relax, relax and lighten as you breathe in and out. Feel every point where your breath goes, feel it with every breath. A feeling of deep relaxation spreads throughout your body with your breath.

Do not interfere with yourself, your feelings and thoughts. Breathe in and feel relaxed. Concentrate your full attention on your breathing. It's like there's a huge void inside you. When you breathe in, it wanders around in the void and your breath changes and slowly leaves you. Just like everything that comes into our lives, your breath comes to you and changes within you. It leaves you, changing in a different way than before. This is the nature of life. Fully realize and enlarge the emptiness inside you, let it be huge and grow as much as you want. Let this gap get so big that nothing about you remains. Just a space and your breath. Just breathe in space and smoothly. This space is infinite like the universe. Just like the universe, it carries all possibilities. It carries pain as well as joy. There is room for everything in this space. It can also accommodate happiness, unhappiness, a healthy or unhealthy life. It is this emptiness where patience sprouts. In this space, everything is normal, everything is acceptable. Remember, you are not a dot in this void, you are the void itself. You can find a place in this space with patience. Remember, there is no such thing as difficulties in life, you accept life as it is. Life changes everything. Be patient with all your heart, Every seed you plant with hope will bloom one day. Trust the emptiness inside.

(breaks 10 seconds)

### Stage:2

Quiet background music (Example: Beautiful Relaxing Music - Meditation Music, Peaceful Piano Music, Relaxing Music)

Now remember a situation that makes you impatient. Feel your body tense up and your heartbeat quicken. Impatience is not something that comes out of nowhere. There are thoughts underlying impatience. Such as helplessness, fear of failure, feelings of bondage. If you have anger, let it come out, reach this thought that underlies anger or impatience. Keep breathing. Think that your patience will increase with your breath, that you will gain by being more patient. How would your day go if you were a little more patient today? And if you had been a little more patient in the face of this event that made you impatient, would your anger be lessened and your body would be more comfortable? If you had been patient, would you

have noticed the moment a little more? You have to wait patiently to see the beauty of the butterfly. Notice the beauty around you while you wait patiently. Patience is not a waste of time, it is something we must do in order to attain beauty. The end of patience is the reward, this reward will do you good. The end of patience is peace. You can take that as your motto. The end of patience is peace. You prefer to stay patient with the flow and finally wake up with peace.

As you continue to breathe deeply, feel your body relax and relax with the patience you have grown inside. Feel every breath you take, be grateful for every breath you take. Feel your body relax, relax and lighten. You can go back to the moment where you are now and slowly open your eyes when you feel ready.



## To Feel More Courageous

### Stage:1

Quiet background music(Example: [3 HOUR Relaxation Meditation: Instrumental Music, Deep Meditation, Relaxing Music, Yoga Music, ☺058A - YouTube](#))

Welcome to this guided meditation to empower and enhance your courage. Before we get started I'm going to ask you to get yourself in a comfortable position whether on a chair or lying down on your back. It is ideal to be upright with an elongated spine for optimal energy but if you need to lay down comfort is always paramount.

### Stage 2:

Quiet background music(Example: [3 HOUR Relaxation Meditation: Instrumental Music, Deep Meditation, Relaxing Music, Yoga Music, ☺058A - YouTube](#))

Gently close your eyes and take three deep cleansing and empowering breath. With every inhale you feel vital and refreshed. With every exhale you are releasing any blockage from your body and mind. We are going to take a few deep calming breaths but we're going to do them with a certain breath count. I'm going to ask you to breathe in on the count of three, hold your breath for the count of two, and exhale on the count of four.

(break of 20 seconds)

### Stage 3:

Quiet background music(Example: [Beautiful Relaxing Music • Peaceful Piano Music & Guitar Music | Sunny Mornings by Peder B. Helland - YouTube](#))

When we think about courage there is a tendency to think that it means overcoming fear but courage is not about overcoming or conquering fear. It is about moving forward in spite of fear. Fear alone can create paralysis but by practising small acts of courage taking one step forward to act, to speak, to show up where it might be scary. This is courage. Where in your life would you like to have more courage? Where in your life are you allowing fear to dominate? Sometimes the fear is all in our heads. It is the dragon that we have never seen but we are certain that it breathes fire. What if you could slay your dragon by practicing small steps of daily courage. What if courage wasn't about being fear less but it was simply just about being a little bit braver each day. What if you had the courage to step out of your

comfort zone in order to get close something you really want to achieve. Like so many virtues courage requires practice.

(break of 20 seconds)

#### **Stage 4:**

Quiet background music Example: [Beautiful Relaxing Music • Peaceful Piano Music & Guitar Music | Sunny Mornings by Peder B. Helland - YouTube](#)

Visualize a ball of light shining like a star in the horizon. Feel its energy radiating towards you it is s warmth and vibration. This light represents the vital and creative force of the universe. It represents the powerful movement of life itself. Visualize it expanding and coming closer and closer to you with its light growing stronger and stronger. You can sense its great power as it approaches and something inside you resonating with it wanting to be one with it. Realize that you are a manifestation of that power itself. Receive it with joy as welcoming a dear old friend embracing it fully. As your whole body begins to vibrate in its frequency from the top of your head down to your toes. Feel this energy moving as golden waves through your body. Bringing great feelings of power and confidence. Feel your courage growing, as you get completely immersed by a ball of light. And as you hear these words let them become a reality for you. Knowing that you now have this immense limitless power always available .From this inner strength you have the power to manifest your visions. You are unstoppable, brave and able to achieve anything you set your mind upon. Now with the voice of your mind repeat and feel these next affirmations. Feel them coming from this balanced but vital source of inner clarity and strength.

#### **Stage 5:**

Quiet background music Example: [Relaxing Music & Soft Rain Sounds: Relaxing Piano Music, Sleep Music, Peaceful Music ★148 - YouTube](#)

I choose to meet life with full presence and power. I am aligned with my purpose and unstoppable in my capacity to move forward. I am fierce and fearless. I am vital and guided by higher intuition. I am whole and perfect. I am bigger than any challenge. I am courageous and I can stand for myself and for the ones I love. I choose to open myself to life trusting my inner strength. I let go of everything that does not serve me anymore. I can solve anything. I am capable, skilled and can achieve anything I want to achieve. I am blessed to be who I am and I honor myself. I can use my power to help others. My ability to succeed has no end. I am

flexible I cannot be overpowered or overwhelmed. I have an infinite reservoir of inner strength. I am inspired and motivated standing tall I can reach the sky. Having deep roots, I go stronger everyday. I am in sync with the flow of life and the universe. I can see the meaning behind every moment. I am grateful for who I am.

(break of 20 seconds)

Now we're going to take an extended pause in silence and let you ruminate about where in your life you might need more courage. If thoughts show up let them come and let them go. Don't judge them, don't fix them Just observe them like watching waves crash on the shore. Let's take that silence now.

(silence starts for 20 seconds)

It takes courage to sit in silence. It takes courage to sit with your thoughts and it takes practice to sit still. You are courageous for showing up for yourself today. You are courageous for braving the silence. You've already done a courageous act by showing up for this meditation. Going inside to explore the stillness and the strength within you.

Now slowly start coming back to your surroundings when you're ready move your hands and legs. Stretch your body. Gently open your eyes. You are now fully awake and energized.

## To Feel More Enthusiastic

### Stage:1

Quiet background music(Example: [2 Saat Bilinç Altı Temizleme Müziği Meditasyon - Dinlendirici mükemmel müzik \(Pozitif Düşünce\) - YouTube](#))

Let's withdraw for a moment to recognise our divine inner being, our spiritual self. Bright point of light residing in the middle of the forehead .

(break of 20 seconds)

Let's relax mind and body by bringing our awareness into a state of appreciation and gratefulness. If a thought enters your mind let it go and make sure you're comfortable sitting with your feet touching the ground breathing into the nose count to six and breathing out exhaling count to six. Again breathe in slowly and as you exhale allow your relaxation to begin. Letting go of the tensions of the day feeling how the muscles of your body relax. Take another slow deep breath in every time you exhale imagine you go deeper and deeper into the center of your being. Feeling grateful that you are able to have time for yourself to relax, to become completely peaceful. Finding the stillness within feeling calm and relax. If the thought comes to your mind just let it go. You'll deal with it later not right now.

Breathe deeply from your diaphragm just below your rib cage. Expand your abdomen out as you breathe fully in. Now breathe out a long relaxing exhalation. Breathe out all intervened thoughts and let them go. Breathe in deeply filling your lungs and breathe out a long exhalation. Releasing all tension. Breathe in deeply and breathe out all tension. Allow your body to soften. Relax your face muscles, your cheeks and your jaw. Relax your stomach and allow your diaphragm to fill with deep breathes in and out. Totally relaxing your shoulders. Allow all the tension to melt away. Breathe in deeply and breathe out fully totally emptying your lungs. Thank your body for relaxing, thank yourselves for trusting in divine order and harmony. Allow love and harmony to restore and rejuvenate the body. Breathe in deeply and breathe out a long relaxing exhalation. Allow all tension to be released from your arms all the way to your fingertips and let it go. Then your shoulders down your back and relax your hips. Release your leg muscles all the way to your toes and let them relax. Allow your body to relax focus on the feelings of love and appreciation and the affirmations of this meditation.

### Stage:2

Quiet background music(Example: [2 Saat Bilinç Altı Temizleme Müziği Meditasyon - Dinlendirici mükemmel müzik \(Pozitif Düşünce\) - YouTube](#))

There is so much to appreciate about yourself in the world around you and yet another opportunity for you to experience life. For you to live a life of your dreams, begin to feel appreciation for your physical body. As you feel, it waking up think about how this body serves you. Think about how it helps nourishing you with breath to allowing you to process foods in a way the supports your immune system the healthy functioning of yourselves. Think about how you can express yourself using your body. You can feel touch of a loved one. You can hear this meditation, this music. There is so much to appreciate here. And as you continue to focus on yourself, feel gratitude towards yourself for being here in this moment for doing this work. For connecting to your heart with this deep gratitude towards yourself. Begin to feel the sense of excitement for the day. Spend a few moments breathing softly and gently while you allow yourself to think about the people or circumstances that you know you will come across today for which you are deeply appreciative and grateful. As you think about the good things you know you will come across in your day by your heart with gratitude and appreciation.

### **Stage:3**

Quiet background music(Example: [Relaxing Sleep Music with Rain Sounds - Relaxing Music, Peaceful Piano Music, Meditation Music - YouTube](#))

Voice: Listen to the following gratitude affirmations  
(break of 20 seconds)

I love and appreciate my body. I am alive. This is another beautiful day. Thank you for the brilliant ease flow and peace that is in my body. Thank you for the life force that flows through me invigorating all of my cells. Thank you for my health. Thank you for the sweet relationships in my life for the community that I am a part of. Thank you for love and compassion and connection I feel my heart. I engage in the things that I love to do. My vitality increases every day. I get lots of sleep. I eat healthy foods that keeps me vital. I feel enthusiastic. I do what I love even if it is just on a small scale. I take action with enthusiasm. My enthusiasm is contagious. I am enthusiastic to learn new things. I enthusiastically approach my work. Thank you for the love passion. Thank you for nature.

### **Stage:4**

Quiet background music(Example: [Relaxing Sleep Music with Rain Sounds - Relaxing Music, Peaceful Piano Music, Meditation Music - YouTube](#))

You begin to notice your entire body becoming lighter and freer. Your body a great gift. You are sending signals to the world around you that you do not take this day for granted. And by appreciating things before they happen, you are setting yourself up for more situations to appreciate. Indeed, feeling gratitude in this moment and for future moments will become a magnet for more circumstances that make you grateful. With every inhale of this feeling of gratitude, grow deeper and with every exhale imagine yourself sending this feeling out into every cell in your being. Allow your entire body to feel full of gratitude and take this feeling with you.

#### **Stage:5**

Quiet background music(Example: [Relaxing Sleep Music: Deep Sleeping Music, Fall Asleep, Instrumental Meditation Music ★44 - YouTube](#))

We breathe in deeply and breathe out slowly. We return to our physical world becoming aware of the sounds around us. Feeling the body in the chair becoming aware of our surroundings. Breathe in deeply and breathe out your hands and feet and we are back to continue a peaceful and enjoying the rest of the day.

## **To Feel More Affectionate:**

### **Stage:1**

Quiet background music(Example: [\[BGM soundtrack\] Fatigue recovery music - Relaxing music with Bamboo Fountain sound #11 - YouTube](#))

As we start this meditation you are welcome to sit or lie down. So first find a spot whether it's a chair or cushion on the floor. Sit comfortably with your arms resting in your lap and with your eyes open begin to take a few deep breaths in through the nose and out through the mouth. You can have your eyes open or closed whatever is most comfortable for you. And now gently begin to notice physical sensations around you. Notice the weight of your body in the chair or on the floor. Place your attention on your back against the chair. Your feet or legs on the floor, your hands in your lap.

### **Stage:2**

Quiet background music(Example: [\[BGM soundtrack\] Fatigue recovery music - Relaxing music with Bamboo Fountain sound #11 - YouTube](#))

Now imagine a place where you can feel comfortable and safe. This place can be anywhere you want, it can be the earth, the sky, above a cloud or a seaside, or under a tree, or your cozy bed. Here you feel both comfortable and safe. You are in a place where no one can disturb you. You listen to the sounds around or just the silence. You feel the heat of the place you are in your body. Where you are is where you feel most comfortable. When you come here, whatever is bothering you, thoughts, events, situations slowly disperses like clouds. Whatever is bothering you is getting smaller and smaller, and flying like drops of water. This is such a place that it takes you away from all your troubles. You're getting more and more relaxed. You feel more loving, kindness and affectionate.

### **Stage:3**

Quiet background music(Example: [\[BGM soundtrack\] Fatigue recovery music - Relaxing music with Bamboo Fountain sound #11 - YouTube](#))

And now begin to in your mind the image of a person who you know or you've known in your life to be loving and kind to you. Someone who easily evokes feelings of warmth and love. It could be a friend you know or used to know. It could be a partner or your spouse. It could be a family member such as a parent or your child. Maybe it's a mentor or co-worker. It can be whoever has been good to you. Someone who is caring to you and you care a lot about. Someone when you think of them you're grateful for and direct the phrases of loving, affectionate and kindness to them. If someone doesn't come to mind it can be someone imaginative as well. It could be the ideal of someone who is extremely caring and loving to you and perhaps someone who will one day enter your life.

Now that we have this person in mind we're going to imagine sending wishes of being affectionate to them. We are going to wish them well and if it feels right say it aloud in your mind to them. We will have four phrases that we will work with. Silently repeating each phrase with enough space and silence so that it's pleasing for you. With each phrase gather all attention and focus behind it. Feelings and thoughts will come and go just release them as they come up. The phrases that we will use are "may I be safe, may I be happy, may I be healthy, may I live with ease". We will begin by offering loving-kindness to ourselves "may I be safe, may I be happy, may I be healthy, may I live with ease". And again "may I be safe, may I be happy, may I be healthy, may I live with ease". Now focus on someone who might be having a difficult time right now. Picture them now receiving your wishes for them. Imagine the look on their face or the change of their facial expression. And again begins saying aloud in your mind to them. May you be happy? May you be alive engaged in joyful? May you experience in a peace and ease. May you be free from suffering. Again picture them receiving your wishes. Imagine how they might feel. And now you might have your own words and wishes for them. Feel free to tell them things that resonate with you. Take sometime to do this and if you're not sure you can continue to say in your mind. Direct to the phrases of loving kindness to them. "May you be safe, may you be happy, may you be healthy, may you live with ease". Take a moment now to feel how it is to wish these things for them. Allow yourself to sense the wishes for them emanating from you. Connecting you to them. And begin to notice how it feels inside you as you send these wishes of well-being to this person.

And now choose someone in your life you may have difficulty with. Someone who might be causing you stress. Begin to imagine this person wishing these same things for you. Imagine them saying. "May you be happy, may you be alive, engaged and joyful. May you be free from suffering". Allow those feelings now to wash over you. Allow the feelings of love



and caring to grow in you knowing that there's nothing you have to do to deserve these wishes and feelings. These are given freely without any conditions. "May you be safe may you be happy may you be healthy may you live with ease. May you be safe may you be happy may you be healthy may you live with ease". And now begin to imagine this person in their happiest state they have ever been in. Imagine all their worries having been solved. Imagine anything they've ever wanted to achieve or accomplish has been awarded to them. Imagine all their issues having been cured. Just picture them in this state for a few moments. Picture them in complete joy and bliss. Picture them the happiest they've ever been in their emotional state. Picture their face and their expression to this joy. Imagine the way they would move or act. Imagine the things they would say the tone in their voice. And now begin to wish these things upon yourself. In your mind begin to say. May I be happy. May I be safe and protected. May I be free and alive. May I be free from suffering. And again and finally say to yourself in your mind may I be happy.

And now gently return your attention back to the body and back to the physical points of contact. Again noticing your weight on the floor or chair. Noticing the legs and feet arms and the lap the back against the chair. And now in your own time gently open your eyes.

## **Scenario 15. To reduce my anxiety level**

### **STEP 1.**

Quiet background music <https://soundcloud.app.goo.gl/kc8Q7>

Voice:

Welcome!

This exercise is for you, to help you learn to become calm, relaxed, comfortable and to reduce your anxiety level. I invite you to this journey of peaceful colour and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed and you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### **STEP 2.**

Voice:

Take a deep breath in, and as you exhale, allow your body to begin to relax.

Breathe slowly and naturally.

Raise your shoulders toward your ears. Then, let your shoulders relax...dropping into a comfortable, loose position, and feel yourself sinking into the surface you are on.

Allow your jaw to drop slightly, letting the muscles of your face and jaw become loose and relaxed.

Wiggle your toes once or twice and feel your feet and legs relaxing.

Gently open and close your hands once... and again... and then relax your hands and arms.

Take a deep breath in, feeling the tension in your chest and stomach as you hold that breath...

And allow your chest and stomach to relax as the breath escapes slowly.

Allow the muscles of your back to relax.... from your neck..... to your upper back..... middle back..... lower back..... feeling your whole body relaxing.

Notice any areas of tension in your body, and relax those areas now.

Your body will continue to relax... deeper and deeper.... loose.... heavy.... relaxed.

Relaxation causes anxiety no longer.

### STEP 3.

Now you can look around you.....on the surroundings that you have....the nature elements you can find....their colours.....if they are places near you....or far away.....the sounds that you hear....

Imagine you have in your hands a jar with a magic potion for making the anxiety disappear. What colour is that jar.....is it transparent maybe?.....what colour is the magic potion?.... what texture does it have?.....

Now I invite you to put the relaxation fingerpaint on your index finger.

Now put your finger toward your face and breathe in.

Smell the relaxation fingerpaint that is like a hand lotion you like to smell.

Then when you breathe out blow out as if you are blowing out a candle.

Ready--in--out.

Did you feel the air?

You know that you are breathing. This is where we start.

Now we do some counting with the relaxation fingerpaint.

You will Breathe in for a count of 3. 1--2--3.

This is how you should feel the count of 3 when you breathe.

Breathe in quickly but gently. Do not take deep gulping breaths of air.

Do not try to make your lungs fill with air or strain your abdominal muscles.

Do not hold your breath.

Your lungs will fill themselves up with air.

Breathe in for a count of 3 and then let it out without worry about counting because you are resting.

Breathe in 1--2—3

Breathe in 1--2—3

Breathe in 1--2—3

Now you will take another breath and hold your breath for the count of 2. Then breathe out and rest.

It goes like this:

Breath in 1--2--3

Hold 1--2

Breath Out 1--2--3--4

Breath in 1--2--3

Hold 1--2

Breath Out 1--2--3—4

Breath in 1--2--3

Hold 1--2

Breath Out 1--2--3--4

Now rub the relaxation fingerprint on your chest and belly. We will increase the length of breathing by one.

Breathe in for a count of 4.

Hold for a count of 3.

Breathe out for a count of 5.

It goes like this:

Breath in 1--2--3--4

Hold 1--2--3.

Breath in 1--2--3--4

Hold 1--2--3.

Breath Out 1--2--3--4--5

Breath in 1--2--3--4

Hold 1--2--3.

Breath Out 1--2--3--4--5

The relaxation fingerprint has let you extend your counting and you made it to breathing out for 5.

#### **STEP 4.**

Now take a deep breath and hold it for 5 seconds...(pause for 5 seconds)...exhale and relax...(pause for 5 seconds)...take another deep breath, as deep as you can, and hold it, count for 5 seconds...(pause for 5 seconds) and as you exhale just imagine blowing out all of your stress...(pause for 5 seconds)...take a third deep breath and hold it...(pause for 5 seconds)...and as you exhale you blow out any stress you've been holding on to, saying to yourself "calm now"

[pause for 3 seconds, speaking now with confidence and at a normal pace of speech] This is your new solution to anxiety.

Whenever you become anxious in the future, you simply take 3 fully in and deep breaths, holding it at the top of the inhalation for 5 seconds, and when you exhale, blow out any stresses that you feel.

And on the third breath as you exhale you simply say to yourself, Calm now. [Pause for 5 seconds]

## **STEP 5.**

### **[Body Scan Induction]**

[speaking slowly with a soothing and gentle voice]

Now slowly blink your eyes, and with each number I say, blink once. (pause for 3 seconds in between each number) 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, and 0.

Allow your eyes to gently close, and when you do this you feel a wave of relaxation sweep over you.

[speaking even slower now]

Now I'd like for you to focus on the sensations at the top of your head. Just notice how the very top of your head feels. [Pause for 5 seconds]

And now let your focus move down to your eyes. Just notice how your eyes feel and ask them to relax even more. The little movement in your eyes is called rapid eye movement and is completely normal.

These small eye movements allow for you to feel calm. Notice how the back of your head feels against the surface that it is touching. How heavy does your head feel right now?

[Pause for 5 seconds]

Let your focus move to your nose, and feel the slight sensations of the air moving in and out with your breath.

When you breathe in, imagine that you are being filled with calmness, and when you breathe out, imagine your body feels heavy and deeply relaxed.

Very good. [Pause for 5 seconds]

Now focus on your ears. Notice how they feel, and what they hear around you. Try to hear every single noise. When sounds come into your ears they act as little waves of relaxation taking you even deeper.

Notice the sound of my voice and how soothing and motherly it is. From here forward you can only hear my voice guiding you.

All other sounds passing though only take you deeper into a state of relaxation. [Pause for 5 seconds]  
Now focus on your mouth, how does it feel? And what do you notice?

Can you sense the flavor of something you recently tasted? Perhaps you can imagine biting into a fresh slice of lemon, and you notice how your mouth waters.

Very good. [Pause for 5 seconds]

And move your focus down now to your neck, and if there is any tension just ask it to release a little more.

Notice how your neck feels right now, and just feel all of the sensations in your neck.

[Pause for 5 seconds]

Now focus on your shoulders and move your attention slowly going down each arm, down all the way to each fingertip. What are your fingertips touching right now?  
Feel the sensations on your fingertips.... (pause for 3 seconds) Nice.

[Pause for 5 seconds]

Allow your focus to go to your chest, relaxing this area, as well as your upper back. And if you notice any tension, just ask it nicely to release just a little.  
Now imagine you are focusing on your heart, and feeling it beating strongly, supporting you. Relax your heart and notice how good it feels to do so. [Pause for 5 seconds]

And now focus on your lungs. Feel them gently expanding and contracting with your breath, delivering oxygen to your body. [Pause for 5 seconds]

Allow your focus to move down your vital organs and digestive system. Just notice your belly and how it feels, just observe it working and digesting effortlessly for you.

Now notice your lower back and how it is pressing against the surface you are on, and if you feel any tension just say, please relax just a little more. [Pause for 5 seconds]

Focus now on your pelvis and hips and notice any sensations you are having there. This takes you even deeper into a state of relaxation. Allowing your focus to move down each leg now, slowly relaxing those as well.

Your legs have been taking you so many places over the years and they deserve to fully relax. [Pause for 5 seconds]

Notice this wonderful wave of relaxation moving down to your knees and down your lower legs, all the way to your feet and the very tip of each toe... (pause for 3 seconds)

Good, you are doing so well. [Pause for 5 seconds]

Now that you have relaxed your body so well, I am going to count down from 10, and with each descending number your conscious mind will relax even more so, letting go of any beliefs that hold you back from your goal.

Imagine that you are standing at the top of a set of stairs and when I begin counting, you will walk down the stairs.

OK (pause 3 seconds between each number) 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, and zero.

[Pause for 5 seconds] Good, it's natural that your conscious mind give less and less importance to the words that I'm saying, allowing your subconscious mind to be present right now. [pause for 3 seconds]

From now on you choose to be relaxed...(pause for 3 seconds) You choose to be calm...(pause for 3 seconds)...

You choose to be in control of all you do because your health is very important to you. [pause for 3 seconds]

Remember that it is natural for you to be healthy and happy. It is unnatural for you to have sickness and misery. [Pause for 5 seconds]

Now hear yourself saying: (lower the tone of voice and speak very slowly now, with great confidence).  
Each day, in every way, I get better and better. [pause for 5 seconds]

In order to make change I challenge myself. [pause for 5 seconds]

Change is not comfortable, in fact it is inconvenient, so if I feel comfortable with the change I am making, I am probably not extending myself enough. [pause for 5 seconds]

When I have a negative thought, I acknowledge that I feel this way and then I release it. When another negative thought arises, I catch it quickly and I say with confidence, I acknowledge that part of me feels this way, but this thought does not help me right now. [pause for 5 seconds]

Each day, in every way I get better and better. [pause for 5 seconds]

Whenever I am presented with feelings of stress, I know my breath is there to soothe me and guide me into relaxation. [pause for 5 seconds]

Every single day, I become more aware of all the good things going on in my community, and in the world around me. [pause for 5 seconds]

When I feel that darkness is surrounding me, I know that the way to see light is to take 3 deep breaths, relaxing my mind and body by doing so. [pause for 5 seconds]

Each day, in every way I get better and better. [pause for 5 seconds]

In order to make great change, I challenge my thoughts. [pause for 5 seconds]

From now on I challenge every single negative and unproductive thought that arises. [pause for 5 seconds, pace of speech returns to normal and is spoken with seriousness]



From this point forward, whenever you find yourself having negative unproductive thoughts, you will immediately say to yourself the word STOP.....

Let me repeat that to you so that it is perfectly clear.... whenever you find yourself having negative unproductive thoughts you will immediately say to yourself the word STOP, and as soon as you say the word STOP you'll find that the negative thoughts you were having will just disappear.

This gives you the opportunity to start a new positive thought process.

[pause for 5 seconds, speech is now positive and uplifting, supporting the listener]

How do you feel? Notice how you feel right now and take great note of exactly how you feel, right now.

Good, now let's come to conscious awareness, bringing back everything that you learned today for the better. [speech when counting is always very slow]

## **STEP 6.**

Keep listening to the music....

Listen to this journey every day. This counting exercise is for learning how to relax using breathing. It may make your ribs tired at first. Keep on listening every day and taking the journey. Soon you will find that you can reduce your anxiety on your own.

You have anxiety no more. You have anxiety no longer.

It's like writing diaries for a while, you write one every day and then after a year you read through them and look at the progress.

That is the same with doing the easy breathing. Do it every day and then you will start to notice that you feel better and it takes the intensity off of your stress response. Have faith that the story of breathing and the anti-anxiety fingerpaint works for you.

For the happy story to be in your life, decide now that you are believing this story over what you learned in the past. It can only work that way.

Know this, that every time you practice relaxing even when it's scary to you and you don't feel the calm that it is working.

Your body is learning through words and actions how to use the relaxation response when you need it to. This is the story about facing your fears about practicing.

You have anxiety no more. You have anxiety no longer.

You have anxiety no more. You have anxiety no longer.

## **STEP 7.**

1, slowly coming back to the present moment

2, (pause for 3 seconds)

3, (pause for 3 seconds)

4, feeling fresh, new energy coming in as you breathe

5, (pause for 3 seconds)

6, (pause for 3 seconds)

7, bringing back all that you have learned today

8, (pause for 3 seconds)

9, almost there

And 10. (pause for 3 seconds) Welcome back.

[pause for 5 seconds, speech is now positive and uplifting, again supporting the listener]

Good...

(pause for 3 seconds)

You are doing very powerful work by practicing this guided journey daily, without skipping a day, for at least 21 consecutive days. [pause for 3 seconds]

You have anxiety no more. You have anxiety no longer.

You have anxiety no more. You have anxiety no longer.

This is the way you change your life for the better. [pause for 3 seconds]

Thank you, and good job today.

## **Scenario 16. To protect my brain**

### **STEP 1.**

Quiet background music <https://soundcloud.app.goo.gl/kc8Q7>

Voice:

Welcome!

This exercise is for you, to help you learn to heal your mind and protect your brain. I invite you to this journey of peaceful colour and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed and you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### **STEP 2.**

Voice:

This healing journey begins with passive progressive muscle relaxation, and then guides you to imagine your body healing itself.

Allow your body to begin to relax.

Breathe in.... and out.....

Take a cleansing breath in.... and breathe out the tension in your body....

Feel relaxation beginning at the bottom of your feet. It might feel like stepping into a warm bathtub... or it may feel like a tingling sensation.... or simply calm and loose. Allow the relaxation to spread over your feet, and up to your ankles.

Feel the relaxation rising above your ankles, flowing up your lower legs.... to your knees.... continuing up to your upper legs...

Allow the relaxation to continue to spread throughout your body, rising now to your hips and pelvic area....

to your stomach and lower back.....

to your chest and upper back....

Let your upper arms relax.... your elbows.... lower arms.... and wrists... feel the relaxation spread to your hands... relaxing the palms of your hands.... the back of your hands.... each finger and thumb.... your hands feel pleasantly warm, heavy, and relaxed.

Feel your body relaxing further as the area by your collar bones widens and relaxes.... allow your shoulders to ease back slightly....

Allow your upper back to relax even further.... let your shoulders relax.... and your neck....

Feel the relaxation continue to spread to your chin... the back of your head.... your mouth.... your cheeks..... nose.... eyes....

Feel your eyelids, heavy and relaxed....

Notice your eyebrows relaxing.... your ears relaxing.... and your forehead.....

Your forehead feels cool and relaxed.....

Let the relaxation spread further to the top of your head....

Your entire body now is relaxed and calm. Feel the relaxation flowing throughout your body, from your head to your feet.

You can relax even further as you let your spine relax completely. Starting where the top of your spine meets your head, feel the relaxation.... feel the muscles giving up their hold and relaxing....

Feel the relaxation spread down your spine... down your neck.... upper back.... middle back .... and lower back.... all the way down to your tailbone at the bottom of your spine...

Notice all of the muscles of your back relaxing completely....

Feel the relaxation flowing throughout your body.

Breathe in.... now hold that breath. And relax your muscles totally, allowing the breath to flow gently out your nose or mouth.

Take another deep breath, breathing in relaxation....

And release the breath. Breathe out any remaining tension.

Continue to breathe smoothly and slowly as you mentally scan your body, looking for any remaining tension.

If you notice any tension, focus on that area. Direct the relaxation to flow into that area, and then carry the tension away.

Imagine that the air you are breathing can cleanse your body and remove tension. Imagine that each breath in carries relaxation. Picture the tension in your body leaving with each breath out.

Now simply relax, calmly, enjoying the feeling of relaxation for a few moments.

(pause)

### **STEP 3.**

Now you can look around you.....on the surroundings that you have....the nature elements you can find....their colours.....if they are places near you....or far away.....the sounds that you hear....

Focus your attention now on your body, and think about the healing that needs to take place. Think of your brain...

Create an image in your mind of your current state of being. Imagine the physical ailment that troubles you. It might be pain, or illness, or injury. It might be something diagnosed, or it may be a problem that is not yet identified. Whatever it is that you would like to heal, imagine this problem in your mind right now.

Focus on the specific location in your brain where this problem is present.

You might want to imagine the problem as a dark area, and picture the healing relaxation as light. See the light of relaxation flowing through your body. Direct the light of healing relaxation toward the dark area.

Your body has many ways of healing itself. See the healing relaxation promoting your immune system.... promoting strength... promoting growth of healthy tissue.... removing unhealthy matter from your body.... removing toxins, bacteria, or waste.... cleaning up your body....

Imagine the light of healing relaxation flowing, swirling, touching the edges of the dark problem area in your body.

You might notice small pieces of the dark area being carried away by the healing relaxation.... allow these dark pieces to leave your body as you breathe out.

Breathe in health, healing, and calm....

Breathe out tension, illness, and any problems in your body....

Allow the light healing relaxation to continue swirling around the dark problem area... see the dark area getting smaller...

Imagine the dark area completely enveloped by relaxation....

See the healing relaxation making the dark area lighter.... and lighter... carrying away anything that is not good for your body....

Imagine your immune system working to heal you.... picture the cells you need going to the places they need to go.... working as needed to heal your body....

Imagine the healing relaxation flowing, coursing through your body.....

Picture your body entirely filled with relaxation....

See the problem area your body is healing.... see it becoming even lighter.... filled with relaxation.... carrying away any discomfort..... healing.....

Allow your body to heal itself....

Allow your brain to heal itself....

Take a cleansing breath in.... and breathe out what your body does not need....

Breathe in relaxation.... breathe out all the old air....

Relax for a few moments and imagine the healing process going on inside your body....inside of your brain... feeling confident in your body's ability to heal.... feeling calm and at peace....

(pause)

#### **STEP 4.**

Now you can choose to return to your usual level of wakefulness and alertness, or drift into sleep.

If you choose to awaken, feel your body and mind becoming more aware of your surroundings.

If you decide to sleep, let the relaxation deepen.

I will count to three. When I reach three, you will be at your desired level of relaxation or alertness.

1

2

3

Good...

(pause for 3 seconds)

You are doing very powerful work by practicing this guided journey daily, without skipping a day, for at least 21 consecutive days. [pause for 3 seconds]

This is the way you change your life for the better. [pause for 3 seconds]

Thank you, and good job today.

## **Scenario 17. To focus better**

### **STEP 1.**

Quiet background music <https://soundcloud.app.goo.gl/kc8Q7>

Voice:

Welcome!

This exercise is for you, to help you learn to focus better and be more present. I invite you to this journey of peaceful colour and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed and you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### **STEP 2.**

Voice:

Begin by finding a comfortable position and allowing your body to begin to relax.

You may want to close your eyes, or focus your gaze on one spot in the room. Turn your attention inward, noticing how you are feeling right now.

Notice where your body is the tensest, and take a few moments to relax these tense areas.

Take a deep breath in, and as you breathe out, lower your shoulders into a relaxed position.

Breathe in again, and relax your hands as you exhale.

Relax your legs with your next breath.

Relax your jaw as you exhale again.

Keep breathing slowly and calmly, letting your body relax a bit more with each breath out. Release tension each time you exhale...feeling your body sinking...relaxing...becoming loose...

(Pause)

### **STEP 2.**

Voice:

Now let's talk about overcoming procrastination and focusing better.

The first step in focusing better is to examine the behavior.

Think about some of the things you have been putting off.

Now focus on just one of these tasks, and think about the reasons for your procrastination.

Why have you been putting this task off?

(Pause)

There are a number of possible reasons you have been procrastinating.

Here are some possibilities:

Perhaps you have been putting off this task because it is something you do not enjoy doing.

Maybe there are other activities that you choose to do first, and the task you procrastinate is not a priority.

Maybe you fear failure.

Perhaps you put off even beginning the task because you want to do it perfectly.

Maybe the task is difficult.

You may think you do not have time to do the chore.

The task could be one that will take a long time, and you put off starting because you know you cannot finish right away.

Maybe you are afraid of becoming vulnerable and opening yourself up for scrutiny.

Perhaps you think the task does not absolutely have to be done yet, and you will get to it closer to the time you need to have it completed.

Do any of these reasons apply to you?

Or maybe there are other reasons you have been procrastinating.

For the next step in overcoming procrastination, now let's look at the results of procrastination.

Think about the tasks that you tend to put off...the habits you have surrounding procrastination.

What are the results of this procrastination?

How does the act of putting things off impact your life?

(Pause)

Most of the time, people find that putting things off simply increases stress.

The task is even more difficult to do than it would have been if it was completed right away, and all the time the task is being put off, it causes stress.

By doing the chore right away, the stress goes away.

By putting it off, the stress remains until the task is done.

Somehow, even though we know that procrastination causes stress, decreases performance, and makes us feel worse...we still continue to put things off.



The causes of procrastination somehow seem more important than the costs.

Focusing is challenging.

Focusing may be difficult, but it is possible.

Focusing may be easier than you think!

Focusing is possible by addressing the causes of procrastination...the reasons we procrastinate.

Looking at all the costs of this behaviour and its negative effects are not enough.

Let's look again at the causes of procrastination... perfectionism... conflicting priorities... vulnerability... chores we do not enjoy... these things can be overcome.

Focusing is possible.

Focusing is something you can achieve.

Imagine a task that you have been putting off.

Think of one specific thing that you have been meaning to do, but somehow just seem to keep procrastinating and not focusing on what you have to do.

Notice the thoughts you are having as you think about this task.

All the reasons you have been putting it off...all the excuses...the explanations...

Now think about the reasons to do the task right away...reasons to do the task within the next 24 hours.

Which reasons are more compelling?

The reasons to do the task, or the reasons not to?

If there are more reasons not to do the task, perhaps it needs to be removed from your list of things to do.

If there are more reasons to do the task, then the following affirmations can help with focusing better:

- I have been putting off this task, and I am aware of the reasons I have been procrastinating, but I know this behaviour only hurts me.
- When faced with doing things I do not enjoy, I will begin them right away, and then reward myself afterward by doing things I enjoy more.
- I can eliminate tasks that are not important, and spend my time on the things that matter. I will not leave unimportant things on my to do list to cause stress.
- I can choose how to spend my time. I do have time to get the important things finished, as long as I don't let other things take up this time.
- I spend my time on what matters. I know that procrastination only wastes time. I don't have time to procrastinate.
- I can start a task, even if there is a possibility, I may not complete it successfully. Putting the task off because I fear failure sets me up for certain failure, but if I try, I have a chance of success.

- Putting off difficult tasks only makes them more difficult. I am capable of completing this. I will feel better if I get started.
- I do not need to get this all finished at once. Starting is worthwhile even if I cannot get finished just yet.
- When I get started, I am further ahead than I was before. I can break this down into small steps if I need to, instead of seeing it as one insurmountable task. I can finish this, but only if I get started right now.
- Waiting to do a task and putting it off do not help me get ready to do the task perfectly, it only makes me stressed. I perform less well when stressed, and if I want to do my best, I need to complete things right away.
- I do not have to do things perfectly. Nothing is perfect.
- I can make my best effort, and that is enough. It's okay to do things imperfectly. In fact, doing things imperfectly is the only way to do them. I can plan for imperfection, and that is alright.
- Sometimes it seems easier to not even take things on because I feel vulnerable when I do. I allow myself to fear the criticism of others so much that I hold myself back. I have the confidence to risk. I do not need to fear the consequences of trying, because I know that the results of trying are going to be better than the results of procrastinating.
- Putting things off is not helping me or protecting me from scrutiny. Making a sincere effort is all I can be expected to do, and it is enough.
- Even if I do not absolutely have to get the task finished yet, I know that the entire time between now and when the task is complete, it will be on my mind.
- When I'm finished the task, I will be free from it. I'll feel better if I get to it now instead of leaving it for later.
- I will do the things I have been putting off, and I know I will feel much better when I do.

(Pause)

#### **STEP 4.**

Now that you have repeated these affirmations for overcoming procrastination, just relax for a few moments, letting the ideas sink in.

(Pause)

Simply rest...relax...

(Pause)

You can look around you.....on the surroundings that you have....the nature elements you can find....their colours.....if they are places near you....or far away.....the sounds that you hear....

Continue to relax while I talk for a few moments.

Think of one thing you have been putting off.

You know what you need to do.

You need to begin this task within the next 24 hours.

The only way to focus better and to overcome procrastination is to take action.

You can take action right now.

You are ready to take charge, and get rid of the stress, get rid of the worry that has been hanging over you...you are ready to approach this task with confidence.

Imagine what it is you need to do.

Picture yourself doing this task.

See yourself doing the task with confidence...free from perfectionism...free from worry about becoming vulnerable...free from the need to do things perfectly...free from fear of scrutiny...completing the task and getting it out of the way.

See yourself starting and completing this task...

Imagine how good you will feel when you are done. Imagine rewarding yourself by doing something easy and enjoyable when you have completed the difficult task.

If the task is a large one, it's okay to take some time to complete it...but you need to get started right away.

Large tasks can be done in small pieces. Imagine yourself completing a large task, piece by piece.

See yourself starting the large project...and doing part of it. Imagine how great it feels to get started.

See yourself starting the task, feeling proud of yourself for taking that step.

Envision yourself completing projects bit by bit...working away until they are finished.

Imagine how good you will feel to have started a difficult task.

See yourself working through the chore confidently...feeling good about your efforts...free from vulnerability...knowing that your efforts are good enough, just as they are...

Allow yourself to be filled with feelings of accomplishment and confidence. Imagine how good you will feel when you have finished the task...successful in overcoming procrastination...

Even if the task was not enjoyable, imagine how great it feels to be done.

Finished!

Picture yourself as a person who always completes tasks on time, who gets started quickly and finishes tasks soon. Imagine that you are confident, and enjoy taking on various projects. Imagine that you get started immediately, without putting anything off.

Create a picture of yourself as this person.

(Pause)

Allow yourself to experience the feelings you would have if you were this person who always completes things promptly. Imagine how good and successful you will feel, even if you do not do things perfectly...even if there are some tasks that do not go well or do not get done successfully...see yourself feeling good about your efforts...easily getting started on projects...eagerly jumping in...

Create all the details of what this would be like.

(Pause)

You are this person. You have every ability to be this person...it feels great to allow this person to shine through...to let yourself do the things that you need to do without holding yourself back...

Let yourself fully embrace this positive behaviour...overcoming procrastination...overcoming procrastination for good...

(Pause)

Think again about the task you have been putting off. How would the person you have been imagining handle this task?

Remember that you are this person. Allow yourself to do what you need to do.

When do you need to get started on this task?

You know the answer. You need to get started right away.

Preferably as soon as you are finished this exercise...or if that is not a possibility, within the next 24 hours.

You do not need to do the whole task all at once, but you need to at least begin, or take up where you left off before.

Choosing a date in the future when you will do the task is not enough.

You need to do at least a part of the task NOW.

You can go ahead and do the task right away, and feel great about doing so.

## **STEP 5.**

Now that you have completed this journey, give yourself a few moments to reawaken and get reoriented to your surroundings. Stretch if you want to...allowing your body to reawaken.

Open your eyes and look around, returning to full alertness.

When you are completely awake and alert you can proceed with your day.

Good...

(pause for 3 seconds)

You are doing very powerful work by practicing this guided journey daily, without skipping a day, for at least 21 consecutive days. [pause for 3 seconds]

Get started right now!

This is the way you change your life for the better. [pause for 3 seconds]

Thank you, and good job today.

## **Scenario 18. To improve my emotional intelligence**

### **STEP 1.**

Quiet background music <https://soundcloud.app.goo.gl/kc8Q7>

Voice:

Welcome!

This exercise is for you, to help you learn to improve your emotional intelligence and boost your self-esteem. I invite you to this journey of peaceful colour and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed and you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### **STEP 2.**

Voice:

Notice how you are feeling right now...physically and mentally.

Take the very first action in self-love RIGHT NOW.

Take a deep breath in through your nose, and release the breath through your mouth.

Your ability to breathe at will, in all different kinds of ways. Our breath has been there literally our entire lives, changing as needed to the demand of exciting circumstances and flowing effortlessly when we are resting.

Taking multiple full and deep breaths every day is proven to change our bodies and minds for the better. Take in 5 full and deep breaths, holding it for a moment at the top, and naturally exhaling.

If we do not allow the natural love for ourselves to be expressed, love does not reveal its beauty very often throughout each day of our lives.

1 inhale a nice a big breath, expanding your belly and lungs as much as you can.....Hold it....and exhale gently with relief.

2 inhaling fresh oxygen that will be supplied to your blood stream....holding it to soak it in....and exhaling without any effort.

3 inhale feeling rejuvenated and invigorated by this breathing....hold it....and exhale easily.

4 inhale noticing how breathing fully comes naturally for you.... pausing to soak it in....and exhale any tension or worry.

And 5 inhaling fully is an act of self-love....pausing to feel this Love....and exhale into complete relaxation.

Let your breath flow at a pace without any effort from you now. Good, by doing this you are proving you are capable of self-love.

Deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, sometimes referred to as the 'rest and digest' system.

By breathing deeply and often, you are commanding your body to rest, which relaxes and rejuvenates you... This is self-love in its simplest form, that anyone can do at any time of the day. Now let's honour our self by relaxing the mind even further.

Notice now how your thoughts are rising in your mind, one after the other. See them come, and see them go.... Some thoughts linger for some time, and some thoughts only come for a split second...

If you can really focus, you will notice even smaller thoughts, such as describing the world around you, or labelling the things in your surroundings.

Now stop focusing on any sound in particular and just allow all of the noises around you to come in equally, and when you hear them, they almost act as tiny waves of relaxation, calming your mind.

Good... Your mind relaxes when you activate your senses on command.

### **STEP 3.**

Now you can look around you.....on the surroundings that you have....the nature elements you can find....their colours.....if they are places near you....or far away.....the sounds that you hear....

Let's use the power of your amazing visualization abilities to induce self-love. Begin to imagine yourself full of an abundance of self-love.

Use your imagination to fully believe each self-esteem relaxation affirmation and repeat them in your mind after each sentence.

The affirmations for improving my emotional intelligence begin now.

- o I am at peace with myself.
- o I appreciate who I am.
- o I value myself as a person.

- o All people have value, and I am a valuable human being.
- o I deserve to relax.
- o I deserve to be happy.
- o I embrace my happy feelings, and enjoy being content.
- o I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.
- o When my mood is low, I accept my emotions and recognize that the low mood will pass, and I will be happy again. I look forward to the good times.
- o My future is bright and positive.
- o I look forward to the future, and I enjoy the present.
- o I look fondly upon many memories from my past.
- o I forgive myself for my mistakes. All people make mistakes. I used to feel regret about some of my mistakes because I am a good person and want to do the best that I can, and now, I am still a good person and I release the feelings of regret because I have learned and moved on. I forgive myself for errors I have made, because I have felt bad about them long enough. I have suffered enough, and now it is time to be free. By freeing myself from past mistakes, I can move on and do good things. I forgive myself.
- o I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.
- o I feel good about who I am today.
- o I accept the person that I am. I accept my flaws, and accept my strengths.
- o I view my shortcomings as strengths not yet developed, rather than as weaknesses.
- o I eagerly develop new strengths.
- o I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.
- o I approach challenges with strength.
- o I do the best that I can at the time. I give 100% effort when I am able and when I choose to put full effort toward the things that are important. I accept my imperfections and the imperfections in what I do. My efforts are good enough, and they're okay.
- o I do not have to be perfect to be okay as a person.
- o I am a human being with flaws. I enjoy being who I am, and love myself as I am.
- o I nurture the child within me.
- o I feel secure in who I am, and do not need to compare myself to others.



- o All of the strengths I have ever had are present in me today. I still have the same positive character, even if not all of my strengths are shown right now. I have all of those strengths of character, and will use those strengths again.
- o I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.
- o I accept myself.
- o I care for myself.
- o I take time for myself, and enjoy it. I deserve time for myself, and I feel good about taking this time regularly.
- o I handle difficulties with grace.
- o I allow myself to experience and express emotions, both negative and positive.
- o I accept myself.
- o I am perfectly alright just the way I am.
- o I accept myself.
- o I am a valuable human being.
- o I accept myself.
- o I feel confident.
- o I accept myself.
- o I feel secure.
- o I accept myself.
- o I accept myself.

#### **STEP 4.**

Look again at the virtual surroundings.

Enjoy this environment.

Acknowledge the feelings you are experiencing after repeating the self-esteem relaxation affirmations.

Accept any positive or negative feelings you are having.

Allow yourself to feel calm and at peace.

Now it is time to leave your special place.

Know that you can return here in your virtual surrounding any time to relax, feel calm and relaxed, and feel comfortable and safe.

Take with you the feelings of acceptance of yourself, and belief in the self-esteem relaxation affirmations. Continue to feel positive and accepting of yourself.

## **STEP 5.**

Hold onto this secure feeling of self-esteem as you return to your day.

In a moment I will count to 3.

If you choose to sleep, you can drift into a relaxing and pleasant sleep on the count of 3.

If you wish to become fully awake, you can increase your alertness and become energized and fully alert on the count of 3.

One... take a deep, cleansing breath in... and exhale slowly.

Two... take another deep breath... and exhale...

Three... you are feeling calm, confident, and refreshed.

You are doing very powerful work by practicing this guided journey daily, without skipping a day, for at least 21 consecutive days. [pause for 3 seconds]

This is the way you change your life for the better. [pause for 3 seconds]

Thank you, and good job today.

## Scenario 19. To improve my interpersonal relationships

### Step one

Welcome!

This exercise is for you, to help you learn to improve your interpersonal relationships and boost your self-esteem. I invite you to this journey of peaceful colour and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed, without any noise or interruptions that may divert your attention from this meditation exercise. It is necessary to focus so you can fully understand and think about things that might help you to find other people and yourself. Make sure you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### Step Two

(Music and ten seconds)

Please take a few moments to recognize emotions within you. How are you feeling mentally, and how do you feel physically? To help you identify your emotions let you guide through this journey.

Let's begin with a breathing exercise to help you being present at this very moment. To help you avoid intrusive thoughts that distract your mind form the moment you are experiencing now.

We will repeat it five times to prepare yourself for the next step of this journey.

(three seconds)

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Try breathing in through your nose and out through your mouth.

Breath in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breath it out counting form five to one: five....four....three....two---one.

Notice how the air enters your nose, then flows down your throat, and reaches your belly.

Then focus on how it runs back from your belly, goes up through your throat, and then exhale it through your mouth.

Breathe in gently and regularly.

(Three seconds)

Again... Breathe in and count up to five One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one. Feel yourself quieter, more relaxed, let yourself go.

(Three seconds)

Let's breathe one more, trying this time to find your emotions within you. Take a moment to find yourself, to clear your mind, to live the present; identify your feelings.

Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one..

(Three seconds)

You are doing well, you may feel more relaxed and softer. Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one.

(Three seconds)

One last time; you are almost ready.... Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one.

Now you can look around you.....on the surroundings that you have....the nature elements you can find....their colours.....if they are places near you....or far away.....the sounds that you hear....

Let's use the power of your amazing visualization abilities to induce self-love. Begin to imagine yourself full of an abundance of self-love.

Use your imagination to fully believe each self-esteem relaxation affirmation and repeat them in your mind after each sentence.

It is crucial to do a self-awareness exercise; knowing yourself, your strengths, your weaknesses; those areas you need to improve. (Three seconds). Search and find communication impediments that blocks interpersonal relationships flow in a correct way.

The aim of this activity is to learn how to recognize better our emotions, needs and values; to also identify them in others, so you would develop the ability of create long lasting relationships based on respect for ourselves and other people, in an adequate, peaceful, and assertive way.

### Step 3

(Music and ten seconds)

First, you need to recognize and acknowledge your boundaries emotionally and physically. Personal boundaries allow others to obtain information about how to treat you and what to expect from you.

Physical boundaries are those related and linked with our body and our personal space. The distance where we feel comfortable and safe when speaking and interacting with someone, and the point when physical contact may turn awkward.

When you are clear about your physical and sexual limits, you might find easier to understand your relationships with other people.

I invite you to take a few moments to be aware of your inner experience, thoughts, and limits.

It is very important for you to know which are those personal limits:

(Three seconds)

Do you feel comfortable when someone speaks very close to you?

Are you comfortable with physical contact with from other people?

How do you feel when someone hugs you?

How do you express friendship physically? Do you shake hands?

How do you react when some approaches to hug you? Do you take a step back?

(Ten seconds)

Emotional boundaries are barriers that prevent us from expressing our feelings in an appropriate way.

Keeping healthy emotional limits, consists in knowing how to express adequately how you feel every moment and giving yourself permission to do so.

Permissive boundaries sometimes lead to the inability of saying no when is needed, or when you are not sure about something that someone else is proposing.

When boundaries are very loose your decisions may be dangerously linked to other people's opinions and moral values. It may drive to non-balanced relationships and very exposed when facing charismatic people or persons whose personality is very strong or aggressive.

On the other hand, if your limits are very rigid not allowing other people interact with us proper and comfortably, favoring the perspective of excessive negativity within you or over other people.

A very strong limit evolves into NO-based relationships, not making easy establishing new interpersonal relationships and jeopardizing the ones that we are currently involved.

I invite you to reflect about your emotional boundaries:

Do you share your feelings with others?

Do you think you are too flexible that people may take advantage of you?

How does other people see you? Do they think you are too negative? Or maybe too insecure?

(Ten seconds)

To help you improve expressing your feelings when meeting people, and trying to keep your limits balanced, knowing how to express yourself, repeat these affirmations:

(Three seconds)

- o I Will be more aware of my limits by thinking more often about it.
- o When I meet someone for the first time, I will keep my mind clear of prejudices.
- o I Will only say yes if I feel confident and sure about what others are asking.
- o I will respond assertively when I do not like something.
- o Sharing private information is not for every person I meet
- o I will speak freely taking in mind not to hurt some other's feelings.
- o I allow myself to speak up when someone is hurting my feelings.
- o My opinions are as valuable as other people's
- o People like me for what I am.
- o I am a happy person, I know what I want, and how I want it.
- o I am relaxed, calm, and fully aware of my feelings, emotions, values and needs.

## Scenario 20. How to Better Solve Conflicts

### Step one

Welcome!

This exercise is for you, to help you learn to better solve conflicts and boost your ability to express your feelings, values and needs while respecting others. I invite you to this journey of peaceful color and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed, without any noise or interruptions that may divert your attention from this meditation exercise. It is necessary to focus so you can fully understand and think about things that might help you to find other people and yourself. Make sure you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### Step Two

(Music and ten seconds)

Let's begin with a relaxing exercise to prepare your yourself for the process. Bringing calm and relaxation to your body and mind.

(Five seconds)

Look around you, on the surroundings that you have; the nature elements you can find their colours; if they are places near you, or far away, the sounds that you hear, focus on the moment, clear your mind.

Let's use the power of your amazing visualization abilities to induce self-awareness. Begin to imagine yourself full of an abundance of space for new and important memories.



Accompany with a pattern of deep breathing, inhaling and exhaling gradually.

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Try breathing in through your nose and out through your mouth.

Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one.

Notice how the air enters your nose, then flows down your throat, and reaches your belly.

Please, now take a moment to think of a pen. Think of it as of the color of your choice. It can be blue if you need some energy. Maybe orange if you find yourself in need of comfort. Try green if you feel happy and want to keep your mood that way.

No matter the color you find useful, just let it go and try to relax your body and empty your mind for a moment.

(Pause)

Imagine an ink drop falling from that pen when you had the will to write something to you. A message of self-affirmation. (pause) It may be a message to encourage yourself to improve your strategies to better solve conflict with others.

Picture that ink drop when it hits one of your toes. Your toe slowly turns into the color of the ink.

See how the color spot left by the ink spreads along the fingers; one at a time.

Focus on how the color is covering your foot, slowly, softly, warmly, regularly...

It continues its way along the ankle, to the knee. It goes steady and you like it; you feel comfortable.

The ink spot goes up to cover the thighs, and will reach your waist, then the hip.

Now it is the time when the color impregnates your belly and gets into your bellbottom. It does not stop there.

Follow it now how it runs to your arms, your hand, fingers, nails...

How it climbs up your neck; feel the warmth sensation while it goes covering your head, and your brain. From the hypothalamus to the front and back sides of your brain.

It is the moment when you are fully relaxed and calmed. Ready to acknowledge your feelings and recognize within you all sort of sensations, feelings and thoughts; open to listen, and to think different. Focused on you.

### Step Three

Personal conflicts are problems or difficulties of a person against itself or others in different situations and environments like at work, with relatives, friends...

Some examples of different sort of conflicts are, conflict of interests, communication barriers, dependence from others, different opinions, confronted values, need of consensus, previous unsolved conflicts, or unbalanced boundaries.

Interpretation of the information we received from others may be a source of conflicts and misunderstandings, and so it is the way we face conflicts. Do you avoid disagreeing and accept whatever other people say or propose? On the other hand, do you try to impose your opinion and needs upon other people's.

Those two are examples of how non balanced confronting strategies may affect the way we get along with people and solve disputes.

The origin of conflicts must be identified within ourselves, in the way we understand relationships, how they affect us in our mood.

Things are not how they are but how we interpret them. It is all about perspective. The way we feel in a situation doesn't exclusively depend on the nature of the fact that occurs.

When something happens, the emotion we feel depends on the integration of it

According to that interpretation, it will unleash a stream of feelings that drive us to a certain way of behaving.

This is crucial to understand ourselves in the middle of an ambiguous situation.

At this point, it is the moment to look at your needs, values, boundaries, facing strategies...

Be self-aware of them.

Are you too flexible with others? Or maybe too rigid, and too self-confident.

Do you fear not fitting in?

Aren't you sure and certain about your needs? Your values? Your boundaries?

How does it affect you when someone disagrees with you? What do you do when it happens?

Take a moment to think about a recent episode when you had a bad feeling after experiencing a confrontation with someone else.

What did you do? Did you feel angry? Insecurity? Sadness? Threatened? Fear? Anxiety? Moody?

Did you feel excluded or not taken seriously?

Have you thought about it time after it happened?

Would you have taken another solution? Do you feel the same after thinking it again?

Well, it is time to think about some things we may take in account in order to be prepared to act differently when facing episodes where we feel threatened, or insecure.

Identify your need in that situation.

Analyze every point of view.

Listen to others carefully

Try to take other's point of view when analyzing a potentially conflictive situation.

Keep your mind open to diverse points of view.

Be empathic, not condescending

Always respect different opinions and perspectives.

Trust yourself

Be confident

Feel free to express your opinions and emotions being careful with other people's

Practice an assertive way of expressing your opinions, values and needs.

Explain the situation under your perspective. Express your feelings about it. Ask respectfully what you expect from others in that situation as a possible way of solving it. Then express gratitude to others for listening to you

If a situation is stuck, stop, take a short break, invite others to re-think about the situation.

Try not to maximize your interests over other people's

Win-win strategies are the best way to solve conflicts, reach an agreement that is valuable to all parts.

Think that, maybe, the best solution is in the middle of the way.

## Scenario 21. To improve my memory

### Step one

Welcome!

This exercise is for you, to help you learn to improve your memory and boost your ability be more focused and to remember things. I invite you to this journey of peaceful color and sounds. To begin with, you might want to make sure that you have these minutes for yourself, in a place where you will not be disturbed, without any noise or interruptions that may divert your attention from this meditation exercise. It is necessary to focus so you can fully understand and think about things that might help you to find other people and yourself. Make sure you have the headphones correctly positioned for our journey. Find a comfortable position, seated or lying down.

### Step Two

(Music and ten seconds)

Meditation can help to boost your memory by focusing on your thoughts. First a quick reminder about how does memory works.

Memory has three processes: encoding; storing and retrieving.

Encoding is the way you receive and learn new information from the world through your senses, your eyes, your ears, your nose, mouth, and skin.

Once that information is learned it leaves a print in the short-term memory, and if the print has quality and importance enough will eventually leave a print in the long-term memory.

Then, when a particular piece of information is needed, it pops-up sometimes automatically, and some other times requiring some effort from you to retrieve it.

Attention is crucial when registering a memory print in your brain. Attention drives to concentration. When you are focused on something, your brain has more time and resources to leave a better-quality mark.

(Ten seconds)

This exercise will help you to encode and store better as a way of marking memory prints in your brain, by focusing on the moment, discarding information that is not important and driving your attention to significant and useful information that you may want to remember.

Intrusive thought such as, bad memories or some other things you have running in your mind, are enemies of attention and concentration. Knowing how to block them though meditation will increase your ability to remember better.

(Ten seconds)

Let's begin with a breathing practice and prepare your brain for the process. Bringing calm and relaxation to your body and mind.

(Five seconds)

Look around you, on the surroundings that you have; the nature elements you can find their colours; if they are places near you, or far away, the sounds that you hear, focus on the moment, clear your mind.

Let's use the power of your amazing visualization abilities to induce self-awareness. Begin to imagine yourself full of an abundance of space for new and important memories.

We will repeat it five times to prepare yourself for the next step of this journey.

(three seconds)

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Try breathing in through your nose and out through your mouth.

Breath in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breath it out counting from five to one: five....four....three....two---one.

Notice how the air enters your nose, then flows down your throat, and reaches your belly.

Then focus on how it runs back from your belly, goes up through your throat, and then exhale it through your mouth.

Breathe in gently and regularly.

(Three seconds)

Again... Breathe in and count up to five One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one. Feel yourself quieter, more relaxed, let yourself go.

(Three seconds)

Let's breathe one more, trying this time to find your emotions within you. Take a moment to find yourself, to clear your mind, to live the present; identify your feelings.

Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one..

(Three seconds)

You are doing well, you may feel more relaxed and softer. Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one.

(Three seconds)

One last time; you are almost ready.... Breathe in and count up to five: One.....Two....Three....Four....Five; hold it for three seconds: one, two, three; and breathe it out counting from five to one: five....four....three....two---one.



### Step Three

Now you are calmed, relaxed, focused on what matters

Maybe you have some thoughts entering your mind and leaving it. Keep your breath regular to help you go through the next exercise.

Let's go practice on how to mark a memory in your brain.

(Pause)

Imagine one thing you want to remember; something you don't want to miss or forget. Picture yourself doing whatever you want to remember. If you want to remember a list of "to-do things", imagine yourself, searching for a pen. You take that pen, think about some details of that object (pause), then go and look for a sheet or a paper. Try to keep some details about the materials, the shape, colour.

Then think of yourself sitting in a comfortable chair. Is it made of wood? Or maybe aluminum? Does it have a cushion?

Get close to a table to write your list on. Reflect a moment about the material, the shape, color, length.

Picture yourself writing that list, all those things you need to jot down so you can remember them later. Focus on writing the first important thing you want to do first. Then imagine yourself writing the second important thing, then the third important thing...(pause) keep writing it.

To end with this exercise, you may want to see yourself as if you were in a photography, where you see that list in your mind; organized, hand-written...one thing, then another thing, and another one, four things....

You can try to do this exercise every time you want to remember something important for you. Focus on every detail of the things you need to remember. Placing a memory as part of a bigger picture will help you to leave a better memory print in your brain.



## Objective 22 - To reduce stress level

### Step 1.

Quiet background music(example

<https://www.youtube.com/watch?v=lreBQmwntyM>)

Voice:

*Welcome to you, I invite you to travel together through the sound and colorful universe of this inner journey. To begin with, you might want to make sure that you have the headphones correctly positioned for our journey.*

*— How are you today? Are you in contact with your emotions? Would you like to travel with my voice through the maze of your emotions? You can choose this as a gift because you deserve it, to make your day better.*

*Now together we will calm the mind with the help of sounds, music will become a little more accentuated with moments of vocal break until the next stage.*

## STEP 2.

(Every shift from one stage to the next of the music is done gradually.)

background(<https://www.youtube.com/watch?v=lreBQmwntyM>)

Voice:

*Calm your mind and listen to what your heart says, take a moment to see where your body is in this space, observe how your body feels, its position.*

*How's your body now?*

*Is it relaxed, stressed, exhausted?*

*But now you're slowly starting to relax.*

*enjoy the moment, the pleasant feeling of being with yourself*

*now that you are continuing this exercise, make sure that nothing bothers you, that you will plunge with me into an experience beyond this space and thoughts.*

*You've probably passed a period of stress, it's normal to go through stressful, eventful periods, but now this space is going to devote it to non-stress,*

*what do you think?*

*Do you want to have an island of peace?*

*Now take some time to calm your body and all the thoughts that go through your head,*

*I put him away somewhere.*

STEP 3.

**(Every shift from one stage to the next of the music is done gradually.)**

Background music sounds from nature

(<https://www.youtube.com/watch?v=HHb2knzsUyA>)

on the screen it is necessary an image that induces the state of tranquility

(pasture, sea, nature) <https://www.youtube.com/watch?v=hlWiI4xVXKY>

Voice:

*Now I will invite you to sit down comfortably and allow your body to relax.*

*You can easily close your eyes or slightly open,*

*We are here and now in this safe and comforting space for you*

*we will focus our attention on the whole body, relaxing gradually on muscle groups with the help of your thoughts.*

*We will focus our attention on the left leg, relaxing in depth the sole, leg knee pulp, we perceive a deeper and deeper relaxation of these muscle groups, the left leg is becoming more relaxed, completely relaxed*

*relaxing the right leg and relaxing in depth the sole, leg knee pulp, we perceive a deeper and deeper relaxation of these muscle groups, the right leg is becoming more and more relaxed, completely relaxed*

*—We now relax our hands starting with your left hand. Fingers, palm, arm, forearm, we perceive a feeling of mild relaxation of the hand, the left hand is becoming more relaxed,... completely relaxed.*

**intonation, voice, music, tone, are extremely important!)** music must include certain frequency that induce the state of deep relaxation, as only so the mind and body can live a state of inner tranquility and a diminishing anxiety.

*We will continue to relax now with your right hand, fingers, palm, arm forearm, we perceive a feeling of easy relaxation of the hand, left hand is becoming more relaxed, completely loose.*

*We perceive complete relaxation of hands and feet.*

*We will focus our attention on the pelvis, the buttock muscles, the intimate organs, perceiving us completely relaxed and relaxed...*

*we relax in depth the muscles of the stomach, abdomen, chest muscles....inspiring deeply exhaling, we will focus our attention at the base of the spine, we perceive the increasingly gradual relaxation of the vertebral colana with vertebrae...the muscles of the shoulders, the shoulders, our back becomes completely relaxed.*

*Relaxing the chin, neck, neck, neck, deeper and deeper....we feel the areas to be completely relaxed.*

*relax the muscles of the face, the forehead, the skin of the head, we feel the body more and more relaxed*

*Our physical body is completely relaxed,  
easy,*

*Even if there's another place in your body that's not relaxed, please lean on it with gentleness, relaxing it in depth,*

## Step 5

Every shift from one stage to the next of the music is made gradually.

<https://www.youtube.com/watch?v=wclwICQPaOo>

Voice:

*Now I invite you to observe your breath that has become more calm,  
gentler, observe the image that makes you more relaxed,  
just be your own silent witness to what happens to your own breathing,  
rhythm and condition!*

*now you notice the thoughts that come and go,  
and I'll still invite you to observe  
let these sensations take over your entire senses,*

Here you will have to enter the image with fractals and  
musical background

example([https://www.youtube.com/watch?v=u\\_P83LcI8Oc&list=RDCMUc6qEdtxp\\_IAaVrNAHUIhHbQ&index=11](https://www.youtube.com/watch?v=u_P83LcI8Oc&list=RDCMUc6qEdtxp_IAaVrNAHUIhHbQ&index=11))

*Now with your eyes slightly open you will notice the image, the color  
that will travel with you through your body,*

*We will focus our attention on breathing and with each breath you  
notice this blue color as it descends into your body relaxing in depth,  
notices the color from light blue to dark blue... and you will easily  
perceive a feeling of tranquility of your mind.*

*your body no longer feels stress, in anxiety, is now in total harmony with  
your mind and breath.*

*they become a complete unity.*

*enjoy this sensation, this moment, this moment.*

*any form of stress, anxiety is gone, now you feel completely at peace  
and calm,*

*notice how every color envelops you and takes you to an even safer space for you,  
here you have the opportunity to choose and transform any negative emotion into a positive one.  
notice how all this has gone,  
Now you've freed all these negative emotions, you choose which is the best time for you, given that your subconscious knows what's best for you, that part that knows exactly what to do.  
Allow these parts of you to do what's best for you!  
Enjoy the warm and gentle feeling, from now on!*



## STEP 6

<https://www.youtube.com/watch?v=hlWiI4xVXKY&t=2597s>

Every passage of music is made gradually.

*Slightly gradually graduated I invite you to come back here and now,  
through a deep, wide breath.*

*Now you're clear, relaxed, like after a deep sleep, you're full of energy  
and ready to go on with your life.*

*Slowly return to the physical body, breathing deeply and rarely, gently  
move your arms, legs, stretching gently  
you're feeling lively with a better mood  
you're recouping the present moment.*

*Author:*

*Adela Niță Szenteș Psychotherapist*

## Objective 23: To feel less emotional

### Step 1

*Welcome!*

*I invite you to accompany me through the colorful and full of sound universe of this inner journey. To begin with, please make sure that you have the headphones correctly positioned so that you can fully benefit from what you will hear on this journey. Please give their volume to a level where my voice doesn't bother you ensuring that you hear what*  
**ENSURING THAT YOU HEAR WHAT I SAY RIGHT NOW (the voice will be gradually lowered for the section written in high letters to the minimum level to which we will lower it during meditation)**

### **STEP 2.**

*I'm going to ask you now to choose a comfortable position and relax. Breathe in, exhale, and with every inspiration and exhalation you feel better and better. Inhale energy, exhale tension, fatigue and stress....very good! You just inspire and exhale... and I'm gonna ask you to pay your attention to your heart. Discover how as you breathe and exhale your heart becomes calmer, more harmonious. The rhythm of your heart is harmonising with your cell rhythm, so your entire being enters this field of harmony. Continue to inspire and exhale and enjoy your deep state of tranquility. Certainly while I'm telling you all this you've also relaxed. And in order for your relaxation to be even deeper, I will list ten colors that you will imagine as you wish: brown... red... orange... yellow... green... blue...indigo...violet...mov...white. You're a deeply, deeply relaxed person.*

*Imagine now that you have in your hand — which hand you want- a remote control that has three buttons: green, blue, red. You also see a projector that projects on the screen of your mind or your forehead, extraordinary things. At this moment allow your mind to run on this screen a special occurrence in your life, when you were an admired, appreciated person and felt success. Do you see where you are in this accident, where? At what time of day? Notice how you're dressed... who's around you and what he says. Repeat the words of admiration, appreciation that you hear from the people around you and feel so good! A feeling of joy, strength, confidence invades your entire being, makes you feel extraordinary! It further amplifies this particular feeling, this extraordinary state. Feel how your entire being is ennobled, transformed by this wonderful experience and the moment when its intensity makes you live the deepest JOY, press any finger in which you hold the remote, on the green button.*

*Keep inspiring, exhaling and feeling the way you feel right now. And now, let your mind project on the screen an unpleasant moment of your life. See where you are, see what it's all about, see what part of the day you're in, you're somewhere inside or out, see who's around you and what he's saying. See what makes you feel uncomfortable, maybe diverted, or maybe worried. And when this condition becomes unbearable, press any finger on the other hand on the blue button.*

*Continue to inspire, exhale and allow peace to enter your being. Whenever you breathe and exhale, you focus on the heart, the state of tranquility occurs instantly.*

*And now, allow your mind to project on the screen an amazing, extraordinary, miraculous story in which you felt extraordinary. When*

*joy, love, certainty, safety, power simply flow from your being. See where you are, what's going on. Live intensely this moment, this experience, listen to what those around you say, and if it's not music you put a cheerful one and read in the eyes of those around you all the endless admiration, the joy that I can meet you, the confidence that you are a unique, special being. Live with all your being this wonderful, extraordinary state. Amplify it even more... and more... so you can feel it pouring even more into you. And when you feel that it has reached the intensity you want, press any finger of the hand with which you hold the remote control, the red button, the joy button and the color of your heart.*

### **Step 3**

*Inhale, exhale, allow yourself to have a wonderful time! Inhale, exhale and with every inspiration and exhalation you bring your attention back to your body. You can stretch your hands, legs and be here again. At your own pace you open your eyes, continuing to feel as good whenever you think of your heart. Fan-tastic!*



## **Objective 24 - To have a more positive attitude**

All right, how's your day today?

This is a time just for you,

Does your mind always focus on what's negative? What would you say if I thought of you today to see the beautiful side of your life, even though often your mind will put mastery on the negative side of things?

In today's practice we will learn your mind to find the positive side of life.

Sit comfortably in a relaxing place for you, it can be an armchair, a sofa or maybe your entire body needs to lie down. Now center your attention on your breath, by inhaling, exhaling, and again we do this, observe your expiration, notice how your body feels at this moment, and with the following expiries relax your neck, neck, shoulders, chest, slowly without interfering with the process, observe how your body inhales and exhales, witness how your body inhales and exhales. This space is the one that created it especially for you, in this quiet place now we will relax and the abdomen, the pool, your hands and feet, your body is so relaxed.....

how you feel when you breathe, but when you exhale, you're reacting you know wires of your body, every breath of air connects you more and more at the present moment, ever since the beginning of your wake.... this flow of breath and exhalation is always there. In this breath your life continues to flow, as you feel when you think that this breath has always been with you,

Take a few moments and contemplate this, in that place where you are right now,

Now you're at this moment and maybe an inner smile makes you remember the good things, how you feel when all the good things in your life, maybe a hug of a dear man, love for a being, the moment of an sunrise or sunset, what your body feels now in contact with all these experiences, note all these remarkable moments in your life, when you felt the happiest, these are your landmarks, are the memories of your soul,

with gentle listening to music and observing the images, the sounds that please you, and at the same time, and in that time, the inner line is observing your breath,

How is it for you? Even this moment is precious, I invite you to feel these sounds around you in your life, perhaps at this moment you feel even the warmth of the spa you are in, or maybe the images on the screen lead you to feel the smell of grass, remember now all your favorite smells, maybe a fragrance, the pleasant smell that makes you relaxed, notice how many wonderful things can be found in your life, how joy, optimism, happiness are increasingly present in your environment.

Now invite your entire body to the harmony of colors, shapes, sounds, try to remember that your body heals and takes care of it since you were born, whenever you meditate your body emits and helps you with emotional healing, it's part of the living miracle you're holding from now on, just notice, how it does everything for you, your body is ready to be strong, healthy,

think that everything that happens has its meaning, in this space all coexist together at this present moment, the body, the breathing, the mind,..... and notice that you do nothing and your body functions to...be reconstituting for the wonder of life, of this present moment.

with every breath you are increasingly centered in the joy and peace of life you hold, in the optimism and effervescent that you have there in you, in this inexhaustible source that is your own mind,

You are part of a whole, gently observing your state of inner peace, harmony, joy, effervescent, optimism, and you're ready for a new day of your life! Let all the beautiful things come to you as a living gift you hold.

how are you feeling right now? observe your body, breathe, your soul, you will surely leave now and enjoy everything that makes you happy, maybe a walk, a shower, a date with dear people,

Any positive can happen in your life,

thank you for being there for me in this meditation and I'll wait for you again tomorrow for your next exercise.



## Objective 25 — To sleep better

### Step 1.

*Welcome to your deep relaxation and sleep improvement experience. I invite you to accompany me through the sound universe of this deeply relaxing journey. To begin with, please make sure that you have your headphones correctly positioned so that you can fully benefit from what you will hear on this journey. Please adjust their volume to a level where my voice does not bother you ensuring THAT YOU HEAR WHAT I SAY RIGHT NOW (the voice will be gradually lowered for the section written in high letters to the minimum level to which we will lower it during meditation).*

<https://www.youtube.com/watch?v=XjF9WO8Lj54>

*The volume of voice for this meditation would begin at a normal level for the first part, but for the next part, both music and voice levels would steadily decrease to facilitate sleep. In order for the voice not to be distorted if lowered, this effect can be achieved in the post-processing of sound.*

*Lie back on the bed with your head put on a side, maybe supported by a pillow if you feel like it, and with your hands and arms stretched out of the body, your palms face up.*

*Sit in one place, making any movement necessary to adjust the body in a comfortable position. After that, try to stay still.*

*Close your eyes and keep them closed until the end of this meditation. Inhale deeply by first swelling your abdomen and as you breathe, you feel that calm is spreading in the body. As you exhale, release any voltage that releases the air slowly.*

*And again, inspiring...*

*exhale*

*Inspire*

*Exhale*

*(The 'inspiring' period should be shorter than 'exhale').*

*Begin to become aware of your breath on waste 10 times and exprinad, (leave a space in which the clinet breathes)*

10

9

8

7

6

5

4

3

2

*1 (The numbers in red will not be spoken, but they will be counted as periods of time. Until the beginning of the following parts, please wait one minute to allow the person to finish the breath series)*

**Step 2.**

*In this state, please define a useful statement for yourself in your life right now. I invite you to leave your intuition or perhaps my suggestions, "I have a soothing sleep, at this moment I am preparing for a deep sleep....my body is decompressing, my mind is becoming more and more peaceful"*

*Now repeat the mental affirmation 3 times, slowly, with awareness*

*(wait 30 seconds)*

### Step 3.

*Now I invite you to realise your body, hardly softly abandoned like a coat on the ground, and we slowly gradually move our attention to*

*Right ankle*

*Right foot down*

*Right knee*

*Upper right side*

*The whole right leg*

*Left leg*

*Left ankle*

*Left foot down*

*Left knee*

*Left upper leg*

*Whole left leg*

*Now, both feet together*

*Pelvis*

*Abdomen*

*Lower back*

*Chest*

*Top of the back*

*Whole torso*

*Right hand*

*Right wrist*

*Lower right arm*

*Right elbow*

*Right arm*

*Whole right arm*

*Left hand*

*Left wrist*

*Lower left arm*

*Left elbow*

*Left arm*

*Whole left arm*

*Now, both arms*

*Back of neck*

*Neck*

*Jaw*

*Chin*

*Lips*

*Language*

*Ears*

*Cheeks*

*Nose*

*Temples*

*Eyes*

*The space between your eyes*

*Forehead*

*Scalp*

*Your whole head*

*Now your whole body*

*Mentally repeat your statement 3 times slowly with awareness*

*(wait 30 seconds)*

*Let's go deeper*

*We observe our body so relaxed, more and more relaxed, as if it slowly rises above a warm soft cloud, the body begins to loosen slightly without the shape of weight, as if you were floating in these moments, and all thoughts have disappeared and you are increasingly disconnected from thoughts and you just feel rest, quietness, maybe a sigh of smooth water, or maybe you remember a beautiful scenery or even a blue color,*

*breathing is smooth, it flows by itself without thinking about it,*

*Maybe you're already asleep and if you don't, I invite you anytime to come to this world where you can relax your body and mind, it's the most beautiful gift you can make.*

*I'm always here when you need to relax to a calm and deep sleep.*

## Objective 26: To have a more agile mind

### Step 1

*Welcome to you!*

*In today's practice we will teach your mind to be more agile, more dynamic and perhaps, why not, more productive. You'll learn better how to enjoy life and your own presence in your brain.*

*Sit comfortably in a relaxing place for you, it can be an armchair, a sofa or maybe your entire body needs to lie down. Now focus your attention on breathing, inhaling, exhaling, and again doing this, observe the expiration, observe how your body feels at this moment, and with the following expirations relax your neck, neck, shoulders, chest, slowly without interfering with the process, observe how your body inhales and exhales, be a witness how your body inhales and exhales. This space is the one that created it especially for you, in this quiet place now we will relax and your abdomen, pool, hands and feet, your body is so relaxed.....Make sure your body's relaxation is total.*

### Step 2

*Imagine how your body takes a vertically more upright position as if a column of light color passes through your entire spine making you feel more alive alive, surely now all tensions are gone.*

*(Break of 20 seconds)*

*Now visualise this colored light with your gentle inspiration, quiet calmness and gentleness. You can see how light touches the earth, your skin, you notice even the air you breathe with this color full of life and energy. Together we will inspire deep air in your chest as if you release*

*all tensions in your lungs, We will practice this free breathing and inspiration several times until we feel with all the stress has been released. Now, let your breath follow her own path without interfering with him. Notice this inspiration and exhalation and stay in contact with them as present as possible, being like a silent witness of your own breath.*

*(break of 20 seconds)*

## **Step 2**

*I invite you now to release with every inspiration your toxic, heavy thoughts, and observe how your mind becomes clearer and clearer with every practice of this expiration.*

*Now, from the side to the outside, you feel comfortable in your room, in your space, your armchair, and maybe an inner smile appears to you when you watch your body manifest as at this moment. Perceive your free and lively mind in this space at the moment. How are you feeling now?*

*(break of 10 seconds)*

*Now I invite you on this inner journey to remember the important and meaningful things of the last week, observe the joy you woke up with in the morning, even if some mornings were not like that. Notice and see how you went to work, how you drank your tea or coffee in your moment of silence or maybe with your loved ones, how you turn in retrospect your entire week. How are you feeling now? What do you say we focus on the good moments and full of joy and color?*

*And now that your mind becomes more and more agile, I invite you to view together a well-known route knows, maybe your way to work or*



*maybe a last trip on vacation, observe paths, roads, maybe certain objectives, blocks, or landscapes, and once we go through this road together you remember with dear and the experiences lived,*

*And maybe now that you've remembered this inner map of the roads you've gone I invite you back to the present moment, now your mind is becoming clearer and more lucid, it's very easy for you to come back to the past and come back to the present with an astonishing agility. Now you know about yourself that you function at normal parameters.*

## **Step 2**

*If you notice maybe a little discomfort in your body come back every time you feel and relax.*

*We're coming back slowly*

*Your body feels perfect in these sensations, stay here connected with you at these moments, and internalise how your whole body feels. Notice how in this inner space you feel relaxation, joy, tranquility through calm and gentle breathing. And now together we will breathe deeply until you feel all the air fill your lungs, and visualise yourself as you are better and better, feel this through your whole body, coming back to it, opening your eyes, and slowly returning to your room in your living space.*

*Notice the colors around you, remember this space we created here belongs to you, you can reconnect to it whenever you need it,*

## Objective 27 - To live in the present moment

Today we will find acceptance in the present moment,

We sit down,

We will create a space for us, in this place we will follow the mind, observe everything as it is, without seeking to judge with our own judgment, let's take a moment and carry this imaginary space around us, once we find this cozy place

Now we take the first step to leave behind all the thoughts, situations, states, stress, obsessive ideas, thoughts, experiences or what we have to do later, stay here right now,

Notice the room, the temperature, your body sat, the gravity of the body that sinks more and more comfortably into the floor, and you feel your body follows the natural course of your breath, relaxing the neck, hands, feet, shoulders, head,

And now, take a few moments and watch your breath, we become more and more familiar with our own body relaxing in stages, with the breath that becomes one with this body, now as you center your entire attention on your breath is like coming home in the present moment,

How do you feel now? What do you feel right now, even if it's joy or anger, remember that this is your space, and whatever it is now you're in this space freed from these thoughts that come and go,

Observe yourself as you are here and offer yourself, ask yourself you can be relaxed with your own existence, whatever happens with your life you remain present in your own body and breathe,

continue to notice this space inside you, your emotions, and whenever your thoughts try to leave this space reminds of the present moment through every inspiration brought into your body and expires, we most like to feel joy and pleasure, even if sometimes we feel less pleasant feelings notice how your body feels with them,

and with every gentle inspiration and exhalation accepted as yours, this part of you without judging, without any judgment, naturally your body participates in these state through your breath,

It is not necessary to do anything special, just inhale and exhale, observe the colors on the screen in front of you, imagine that you are fixed in that place and let all the sensations of the present moment relax you.

Inspiring, exhaling, you're here and now, just an observer of your own pace, of your own presence.

Travel as present in these colorful images without doing anything, just exist, your breath flows by itself.

you're getting better and better.

You're starting to feel better and better, and now is the gradual Uros moment to come back here and now.

With the end of the practice you feel the difference, how your body feels now, what is important is that this exercise is handy, and when you don't feel good you can take this little time for you to be well.

Thank you for joining me in this meditation and waiting for you again tomorrow for your next exercise.

## *Meditation of forgiveness*

### **Step 1.**

Quiet background music(example  
<https://www.youtube.com/watch?v=lreBQmwntyM>)

Voice:

*Welcome!*

*I invite you to accompany me through the colorful and soundful universe of this inner journey. To begin with, please make sure that you have the headphones correctly positioned so that you can fully benefit from what you will hear on this journey. Please give their volume to a level where my voice does not bother you ENSURING THAT YOU HEAR WHAT I SAY RIGHT NOW (the voice will be gradually lowered for the section written in high letters to the minimum level to which we will lower it during meditation)*

### **STEP 2.**

**(Every shift from one stage to the next of the music is done gradually.)**

background(<https://www.youtube.com/watch?v=lreBQmwntyM>)

Voice:

*Choose the most comfortable position,...inspire...exhale, and with every inspiration and exhalation you feel better and better. With every inspiration and exhalation you relax even more...and while you do all this, discover which part of your body is not relaxed enough... just discover it... observe it....so...continue to inspire, exhale,...breathing is a very simple way to relax. When you relax and feel a lot of peace, peace, you can say that you're home..... there in your body, you're home. And in this inner space, imagine a spiral staircase that comes down and*

*stops near your heart....you begin to climb down this ladder by observing the emotions that appear... joy... sadness... hope... hope... love... all allowed to exist in this space because they are part of you. And every step you lower makes you feel even better. ... You've reached the last step, on the left side is the heart, you open a door and you penetrate the heart.*

### STEP 3.

**(Every shift from one stage to the next of the music is done gradually.)**

Music background sounds smooth, gentle

(<https://www.youtube.com/watch?v=HHb2knzsUyA>)

*You see her color, her light, her warmth and hear her whispers. You're simply surrounded by its light, warmth and beauty. Feel this and as this sensation intensifies, spread it throughout your being. Continue to do this, enjoying what your warm and loving heart gives you and spreads this state to every part of your being. And from this state, fill your soul with the emotion of forgiveness, and allow it to embrace you. Allow yourself to access all the knowledge you have benefited from from the moment of your creation to be resources in the process of forgiveness.*

*And from this state of complete harmony, being in your heart, allow yourself to forgive yourself for everything you haven't had the opportunity or perhaps the courage to do so far. And I'm gonna ask you to whisper, or maybe just indulge or maybe just think, the words: I forgive myself for all my self-criticism, for my aggression... forgive myself for my anger, for my harshness. I forgive myself for the pain I have caused, for the anxieties I have caused me. I forgive myself for the promises I haven't honoured, for the dreams I've given up. I forgive myself for the inappropriate words I said. I forgive myself for every*

*moment I haven't cherished. I forgive myself for abandoning myself. I forgive myself for every time I deny myself, I ignore myself, I quit. I forgive myself for all my fears, fears and powerlessness. I forgive myself for my prejudices, for my wraths, for my frustrations and my griefs. I forgive myself for my lack of determination, consistency... forgive myself for my failures. I forgive myself for neglecting myself. I forgive myself for my inference. I forgive myself for the lack of love I've been dealing with. The more you free yourself from what you need to forgive, the better you feel, the better in peace.*

*Serve as your heart is full of love, compassion and forgiveness. And as you forgive yourself for everything that you know is to be forgiven, more love, understanding and forgiveness comes out of your heart.*

*The forgiveness with which you bless yourself (which you load) brings you comfort, tranquility, calm, harmony, love, light, in your soul, in your mind, in your body.*

*You feel the sun pouring on you a spring of love, as a warm light envelops you and you feel extraordinary. And in this wonderful state, thank your heart for the miracle you performed together, and slowly proceed back to the spiral staircase. Notice the gentle emotions that flood your whole being as you climb the last step. You're back where you started, loaded with an extraordinary state. With a state you can feel all day, all week, the whole month, as much as you want.*

#### **STEP 4**

<https://www.youtube.com/watch?v=hlWiI4xVXKY&t=2597s>

*Every passage of music is made gradually.*

*Inhale, exhale, feel your best in your body. Slowly, gradually, I invite you to come back here and now, through a wide and deep breath, gently move your arms, legs, stretch slightly...*

*Now you're clear, relaxed, calm... you're full of energy, you're in a very good mood. You're grateful for the moment.*