

Guided Meditation Script.

Beach Visualisation, Gentle Breeze & Big White House Combined.

Visualization relaxation is a skill that can be learned... the more you practice...the more skilled you will become and more effectively you will be able to relax using visualization relaxation.

You can practice this visualization relaxation as often as you wish... to provide a mental vacation whenever you need it.

Mindful Bodies...Mindful Listening...Mindful Breathing...

Relax your body by releasing any areas of **tension**. Allow your arms to go limp... then your legs....

Feel your **arms** and **legs** becoming **loose** and **relaxed**...

Now relax your **neck** and **back** by relaxing your **spine**.... release the hold of your **muscles** all the way from your **head**, down your **neck**....along each vertebra to the tip of your **spine**...

Breathe deeply into your **diaphragm**, drawing air fully into **your lungs**.... and release the air with a whooshing sound....

Breathe in again, slowly.... pause for a moment.... and breathe out....

Draw a deep breath in.... and out....

In..... out.....

Become more and more relaxed with each breath....

Feel your body giving up all the tension.... becoming **relaxed**.... and **calm**.... **peaceful**....and **at ease**...

Feel a wave of relaxation flow from the soles of **your feet**.... to your **ankles**....your **lower legs**...your **hips**...your **pelvic area**...your **abdomen**...your **chest**...your **back**...your **hands**...your **lower arms**...your **elbows**...your **upper arms**...your **shoulders**...your **neck**... your **head**....your **face**... and the **top of your head**....

Allow your **entire body** to rest heavily on the surface where you sit or lie. Now that your body is fully relaxed...**allow the visualization relaxation to begin**.

Imagine you are walking toward **the ocean**.... walking through a beautiful **tropical forest**....

You can **hear** the waves up ahead.... you can **smell** the ocean spray.... the air is moist and warm.... **feel** a pleasant...cool breeze blowing through the trees....

You walk along a path....coming closer to the sea....as you come to the edge of the trees...you **see** the brilliant aqua colour of the ocean ahead....

You walk out of the forest and onto a long stretch of white sand.... the sand is like very soft powder....imagine taking off your shoes, and walking through the hot, white sand toward the water....

The beach is wide and long....

Hear the waves crashing to the shore....

Smell the clean salt water and beach....

You gaze again toward the water.... it is a bright blue-green....

See the waves washing up onto the sand..... and receding back toward the ocean.... washing up.... and flowing back down..... **enjoy** the ever-repeating rhythm of the waves...

There are two beautiful tall trees in front of you with a **hammock** swinging in the breeze...**You walk** towards it and flop into the hammock...very comfortably...

It is so...so...comfy.....You **feel warm** and **cosy...calm and relaxed**...And as you **breathe in...and out...gently, quietly...and very slowly**...you notice the rhythm of your breathing **moving your tummy gently**...in...and ...out...

Breathing in...and breathing out...**quietly... and slowly**...

Lying back and **watching** the sky....the bright ...blue...sky...white fluffy clouds drifting by...**Feel** the breeze on your skin...**hear** the gentle breeze in the trees...the birds singing...

The sound of your breath moving in....and out...Notice **the smell** of the wild flowers...the grass and the trees....

Feel the warm summer sun on your face...lying in your hammock....breathing gently... like the breeze...

Your **tummy moving gently** as you breathe in...and out...Your hammock swaying gently in the breeze....

Your breath swaying gently in your body....

Your breathing **soft**...your body **relaxed**...so..so...**comfy**...so **calm**..

Your head feels soft...Your neck and shoulders relaxed...your **tummy**...your **back**...your **whole body**....**soft and relaxed**...

You then decide after a while that **you want to explore** this **breath taking beach** even more....you arise from your hammock and start walking towards the water.... over the fine, hot sand.... you are **feeling really...really hot**....

As you approach the water, you can **feel the mist** from the ocean on your **skin**. You walk closer to the waves, and feel the sand becoming wet and firm....

A wave washes over the sand toward you.... and touches your toes before receding...

As you step forward, more waves wash over your feet... feel the cool water provide relief from the heat....

Walk further into the clear, clean water.... you can see the white sand under the water.... the water is a pleasant, relaxing temperature.... **providing relief from the hot sun**... cool but not cold....

You walk further into the water if you wish.... swim if you want to.... enjoy the ocean for a few minutes..... **allow the visualization relaxation to deepen**.... more and more relaxed... enjoy the ocean....

Now you are feeling calm and refreshed...

You walk back out of the water and onto the beach...

You **can hear the gulls** and the gentle roll of the waves... Your feet sink into the warm, white sand.... It is **quiet and safe**. You are alone walking into the soft sea wind.... The sun is shining down on you, making you warm.... You have been looking for a place to **be quiet and comfortable**.... This feels as if it is your beach... **yours alone**...

You stop and stand... looking out over the immense expanding ocean.... It shows its green top-water... its purple mid-water... and its grey powerful underwater...

The **colours** are mixing and churning... creating the bubbly white crest at the top of each wave....

The roll of each wave sounds like the Earth, breathing.... **O...cean. O...cean**...Over and over again with each wave.... **You feel the power of the ocean and the Earth**....

A short distance ahead of you....**You now notice a big... white... house**. It is **beckoning to you**... It looks like a temple or small castle of some sort...

You walk towards it relaxed and interested.... You follow a short path to the house and see that the **large door is open...** You feel that it is perfectly ok for you to go inside...

It is safe and calm... You step out of the sunshine and into the coolness of this beautiful house... You find yourself in a **huge hallway** with plants and paintings...

A magnificent, marble staircase stands before you... You know you want to go up those stairs...

You become aware **of a very heavy backpack** that you have been carrying all this time.... The backpack is full **of your worries.. your troubles.. your concerns.. your fears and negative feelings...**

You have been carrying **them for a long..long.. time** and you realize that this backpack is weighing you down....Your **shoulders ache..** and **your back feels tight** and stiff from all these negative feelings....

Slowly remove your backpack and with it all **your worries fears and concerns....**

You feel **released...you feel free!..** You can now **easily ascend** the staircase.... Each step you take, **you become lighter... happier...and calmer....** Each step brings you **closer to absolute comfort and joy....** The comfort and joy **live in you...** and now there is nothing to get in the way of you feeling them... reaching them... **having comfort and joy....**

Now at the **top of the stairs...** you are **strong and certain....** A large **window** is open at the top of the stairs...and in front of it is a **big...white comfortable...cosy... chair.** You sit down and face the window...watching the magnificent ocean once again....

This time is **yours.** You watch from **your chair... by your window... in your house.** **Breathe in** the soft ocean air... and know that you are **home.**

You sit there for a while...**feeling relaxed...enjoying the sun.... the breeze.... the waves.....**

You feel **totally at peace...you feel calm.. and relaxed....** **Allow all your stresses to melt away....**

Keep with you this special **feeling of calm and relaxation....** feeling ready to return to your day....

Open your eyes....stretch your muscles... and become fully alert... **refreshed... and filled with energy.**