

**Bedtime Stories For Adults, Guided Meditations  
& Self-Hypnosis For Deep Sleep: Daily Relaxation  
& Stress-Relief Collection - Overcome Anxiety,  
Insomnia & Over thinking**

**This book contains 20 guided meditations. The total running time for all the scripts combined will be around 10 hours. Proper instructions have been included for the narrator regarding when to pause and resume the narration.**

**The scripts are in the following order:**

### **Decoding Guided Meditations**

#### **1. Third Eye Meditation**

#### **2. Gentle Relaxation – 20 minutes**

#### **3. Ultimate Relaxation**

#### **4. Relaxing in the Woods – 30 minutes**

#### **5. Positive Relaxation**

#### **6. Complete Awareness Meditation – 30 minutes**

**7. Unburden Yourself – 45 minutes**

**8. Finding Stillness – 45 minutes**

**Contemplation Meditation – 20 minutes**

**2. Sleepy Island – 20 minutes**

**3. Drifting off to sleep – 20 minutes**

**4. Journey through the woods – 30 minutes**

**5. Sleepy Ride – 30 minutes**

**6. Natural, peaceful, sleep – 30 minutes**

**7. Dreamy, Sleepy World – 45 minutes**

**8. Sleep without Worries – 45 minutes**

**9. Dozing off – 45 minutes**

**10. No more Insomnia – 45 minutes**

**11. Drifting off to Dreamland – 60 minutes**

**12. Deep Sleep Hypnosis – 60 minutes**

**Decoding Guided Meditations**

**Settling Into Relaxation – 20 minutes**

**Settling Into Relaxation – 20 minutes**

**3. Releasing stress – 20 minutes**

**4. Calmness Meditation – 30 minutes**

**5. Release Anxiety – 30 minutes**

**6. Easy relaxation – 30 minutes**

**7. A place to Relax and Unwind**

**8. Complete Relaxation – 45 minutes**

**Drifting off to Sleep – 20 minutes**

**2. Relaxed Sleep – 20 minutes**

**4. Worriless Sleep – 30 minutes**

**5. Journey of Sleep – 30 minutes**

**6. Blissful Slumber – 30 minutes**

**7. Beautiful Sleep – 45 minutes**

**8. Soothing Slumber – 45 minutes**

**9. Pleasant Sleep – 45 minutes**

**10. Dream Away – 45 minutes**

**11. Deep and Restful Sleep – 60 minutes**

**Sleep Hypnosis – 60 minutes**

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# **Decoding Guided Meditations**

**This book contains a number of meditations to help you reduce over thinking, manage stress and put you into deep sleep. How much you benefit from this book depends on how regularly you practice these meditations. Special care has been taken to keep the meditations simple for the beginners. The depth and profundity of these meditations will ensure that experienced meditators will also greatly benefit from this book.**

**Each meditation, when practiced multiple times, will yield more and more benefits. And you may begin to understand the underlying themes. You will realise that the metaphors used in this book are not random. They have a purpose.**

**The answer to why you suffer from stress or why you can't sleep at night may not be simple. There are multiple factors that affect your circadian rhythm or bind you in a vicious circle of anxious days and sleepless nights. That's why this book deals with your issues with a multi-pronged strategy. Some meditations deal with your anxiety, some with over thinking and others with sleeplessness and insomnia. The way they do so is by balancing your energy centres or Chakras.**

**Blockage in one or more of your chakras may lead to stress. And prolonged stress due to external factors may block one or more of your chakras. That's why dealing with your chakras, you can deal with your stress.**



Here's how the seven Chakras, or energy centres in your body are healed and balanced by the metaphors used in this book.

### **(i) Root Chakra:**

**Root Chakra is the chakra of your most basic desires: Survival, Safety, and Security. An imbalance in the Root Chakra may make you feel insecure. Fears and phobias arise in this chakra. It is also the chakra that makes you feel grounded. So, if you feel that you are not able to stay in the present moment, if you are either recreating your past or imagining your future, you need to work on your Root Chakra.**

**The element of Root Chakra is Earth. You may find yourself being asked to imagine yourself walk barefoot on forest grass or on a sandy beach. That is to balance your Root Chakra with the help of Earth element. Visualising yourself growing roots or feeling a connection with a tree also serve to balance your Root Chakra.**

### **(ii) Sacral Chakra**

**The second Chakra is the Chakra of pleasures, creativity, and energy. If you feel yourself feeling low in energy, you may need to focus on your Sacral Chakra. This Chakra helps you create new ideas and innovations. It helps you indulge and enjoy life to the fullest.**

**The element of Sacral Chakra is water. Images of waterfalls and ponds are often used to heal your Sacral Chakra. It helps you accept yourself**

**as you are. If you suffer from any inferiority complex because of your looks, these meditations will help you see the beauty inside of you and accept your true nature.**

### **(iii) Solar Plexus**

**The Solar Plexus Chakra governs your will power and passion for work and success. If you feel you lack the zeal to run behind your goals or you lack the passion for success, you need to balance your Solar Plexus.**

**The element of Solar Plexus is fire. So the images of a bonfire or a burning Sun are used to kindle the fire within you. Sometime we are tethered by chains we ourselves build. These self doubts and limiting beliefs need to be burned away by the fiery power of the Solar Plexus Chakra.**

### **(iv) Heart Chakra**

**Heart Chakra, the chakra that connects the lower and the upper chakras, governs our emotions and feelings. It is the chakra of unconditional love, empathy, and compassion. When you feel overwhelmed with grief, jealousy, or hatred, you need to tune into the healing powers of the Heart Chakra.**

**This Chakra is associated with the element air. Visualising yourself floating on a cloud or feeling the cool breeze caressing your skin is to**

**make you feel the connection with your Heart Chakra. Saying affirmations for gratitude also helps you heal and balance this chakra.**

#### **(v) Throat Chakra**

**Throat Chakra, the first of your three spiritual chakras, governs your truth. It is the chakra of communication and expression. If you feel like you can't stand up for yourself or cannot express yourself in front of others, then you need to strengthen your Throat Chakra. It is not just about the speaking the truth but accepting your truths. You first need to be true to yourself before explaining your point of view to the world without any fear of judgement.**

**The Chakra is associated with the element ether or space. Meditations that ask you to float in space or expand your aura are working on your Throat Chakra to help you realise your truth.**

#### **(vi) Third Eye Chakra**

**The Third Eye Chakra is the chakra of perceiving the Reality – not the reality as per someone else's yardstick but the truth. An activated Third- Eye Chakra helps you see the things as they are without any bias or prejudice. It gives you the ability to see things as they are, not as they are being projected.**

**Third Eye Chakra is often represented by the element of either ether or by light. A balanced third eye chakra helps you break the illusions and**

**perceive the reality as it is. You may be asked to focus in the middle of your brows to activate this chakra through meditation.**

### **(vii) Crown Chakra**

**Crown Chakra is the Chakra of divine connection. It is the last chakra which once activated takes you to the higher dimensions. You then realise that everything is connected how time and space are nothing but an illusion. It is the state that most yogis aspire for.**

**Crown chakra is not associated with any chakra because when this chakra is activated, it is not possible to represent it with anything perceptible with the human senses. This Chakra is said to be located not in your physical body but a few inches above the top of your head.**

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# **1. Third Eye Meditation**

**As you sit down to relax, know that meditation is not about arriving at any destination. It is not even a journey. Meditation is about realising that there's nowhere to go. There's nowhere to be. Wherever you are, you are at the right place. You are enough!**

**With this thought in mind, shuffle into a posture that seems comfortable. Choose a posture that keeps you alert during the course of the meditation which will be about thirty minutes or so. If in between the meditation, you feel the need to change your posture, please do so.**

**[10 seconds]**

**Now gently close your eyes. Relax your shoulders. Loosen up your arms. Release any stiffness from your hands and feet.**

**Make sure your spine is straight. Your head, neck and base of the spine should be in proper alignment.**

**[5 seconds]**

**Taking a deep breath in... and releasing. Another deep breath in... and releasing.**

**Now one more time, taking a deep breath in... and releasing.**

**[5 seconds]**

**Becoming more aware of the surface to your skin, being aware of any tensions in the body. And gently acknowledge any tensions and ask your body to release them. Acknowledge your mind and your thoughts, and ask yourself to release them with in next few moments.**

**Bringing in a sense of peace, a sense of deep relaxation.**

**Letting of that stress with some deep breaths. Taking a deep breath in... and releasing. Another deep breath in... and releasing.**

**Now one more time, taking a deep breath in... and releasing.**

**[5 seconds]**

**Now we are going to fasten the pace of our breathing.**

**Inhale for the count of three. Hold the breath for a moment. And then exhale for the count of five.**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**Continue with this deep breathing exercise for a few more rounds.**

**[30 seconds]**

**Now, we will intensify our breathing. Breathe in from your core, from as deep as you can, and release with full energy. Inhale for the count of five. Hold the breath. And then exhale for the count of seven.**



**Beginning now.**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**Very good. Carry on.**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**And relax. Completely Relax.**

**Feel your body becoming more and more relaxed with each out-breath.**

**[30 seconds]**

**Now ,bring a gentle focus on the area between your eyebrows.**

**Feel the formation of an eye in the right middle of your forehead. This is the seat of your Third-Eye. Visualise this eye in Deep blue or Indigo colour. You might feel some pressure or sensations in the region. Feel the energy pulsating.**

**[10 seconds]**

**This is the seat of intuition and perception. It breaks away all the illusions of this materialistic life. The Third-Eye helps you see the Truth. It gets you in touch with the untouched reality.**

**[10 seconds]**

**Tap your third eye with your index and middle finger to activate it.**

**[10 seconds]**

**Feel the blue light expanding.**

**Now feel this blue light spinning around in circles all around your third eye chakra. Visualise the light clearing all the blockages.**

**Now visualise it expanding further. It is spinning faster as you energise it. It is now clearing all the blockages that were preventing you from connecting with your intuition.**

**You can see beyond what your physical eyes can see.**

**So with this activation, you are setting the intention and feeling the commitment to connect more deeply with your intuition and receive guidance from your spirit guides, from the universe. You are trusting your intuition so much more. You are trusting your gut feeling more. You are receiving the signs, the synchronicities, the messages. You believe that you can communicate with your higher self, your angels, your guides. They are always guiding you. The universe is always sending you the messages, always nudging you in the right direction. Now with an activate Third-Eye Chakra you can receive as well as understand those messages better.**

**The more deeply you connect with your Third-Eye, the more you open this portal, this bridge between your consciousness and the Cosmic consciousness.**

**And you can feel now this energy around your Third-Eye Chakra is rotating much faster now.**

**You trust your intuition. You choose to see everything as it is – without any bias or prejudice.**

**You are going to see every human with complete love and compassion. You realise that every human being is made from the same universal consciousness that is omnipresent. There is God in every human. Some people may not be aware about that. But you realise this now. Every human being deserves your love and compassion.**

**You now decide to forgive anyone and everyone who has knowingly or unknowingly caused you any harm or hurt your feelings. You decide to forgive anyone and everyone who has knowingly or unknowingly held some negative emotions or feelings against you.**

**You are now unbiased towards everyone. You now view everyone not from your physical eyes, but from your activated Third Eye.**

**Take a deep breath into your Third Eye. Now breathe out from your Third Eye.**

**Now continue to breathe in and out as if you were breathing through your Third Eye.**

**Slow down your breathing. Feel the light rotating around your Third Eye slowing down.**

**Take slow and relaxed breaths.**

**Feel the light slowing down and being collected in the middle of your Third Eye. Feel this light becoming still. Allow it to rest.**

**Your Third Eye is now accessible to you in case you need any divine guidance, or if you find yourself stuck at the crossroads. You can trust your intuition more.**

**[10 seconds]**

**Now slowly come back to the room. Know that whenever you want you can come back to this Third Eye meditation to seek clarity and divine wisdom.**

**[10 seconds]**

**Slowly bring your attention back to your physical body. Wiggle your toes and fingers. Roll your shoulders. Roll your neck. Let your facial muscles relax.**

**Take a deep breath. In through your nose and out through your mouth.**

**Another deep breath. In through your nose and out through your mouth.**

**Now one more time. In through your nose and out through your mouth.**

**Now continue to breathe at your normal, gentle pace.**

**[10 seconds]**

**Whenever you are ready, open your physical eyes. Namaste!**

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## **2. Gentle Relaxation – 20 minutes**

**If you are new to meditation, let me tell you meditation is much simpler than it appears. You sit without any thoughts – that's meditation. You sit with specific – thoughts – that's meditation. You sit to be thoughtless and thoughts wreak havoc in your mind – even that's a meditation. So if you are a beginner, there's no wrong way to meditate. What matters are your intentions.**

**Welcome to this guided meditation. Find a nice and comfortable spot to sit and relax. Make sure you won't be disturbed for the next few minutes. Set the room temperature and lighting as per your comfort. And if possible turn off all your electronic gadgets or put them on flight mode.**

**Sit comfortably. Your posture should be attentive but not stiff. Your spine relaxed but straight. Your chin parallel to the floor beneath you. Gently close your eyes.**

**Start by bringing your awareness to your breathing. Take a deep breath in through your nose and observe as your ribs rise. Hold your breath for a few seconds and exhale through your mouth. Be gentle and relaxed. There is no hurry.**

**[5 seconds]**

**Once again inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Now one more time inhale through your nose. And exhale through your mouth.**

**[5 seconds]**

**Notice the movement of your ribs as you inhale and exhale. Notice how it expands as you inhale and contracts as you exhale.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**Inhale through your nose. Hold. And exhale through your mouth.**

**[5 seconds]**

**With each breath, you are becoming more and more relaxed and peaceful.**

**[10 seconds]**

**You are going to deeper state of relaxation. Bring your awareness to the top of your head and allowing the top of your head to relax. Wherever you put your awareness that part of the body goes into a state of relaxation. Bringing your awareness to your forehead. And relax, relaxing your eyebrows, softening your temples bringing your awareness to area around your eyes. Relaxing your eyelids if they are tightly shut. But making sure that your eyes are close.**

**[5 seconds]**

**Now bring your awareness to your jaws, unclenching your teeth, in to your entire facial muscles relax. Bringing your awareness to the back of your neck and relax. Bringing your awareness to your shoulders ,**

**softening your shoulders , allowing your shoulders to relax. Rolling down your shoulders.**

**[5 seconds]**

**Now bringing your awareness to your neck. Both left and right .and relaxing your hands. Starting from your arms. Your elbows, your forearms, your wrists. Bringing your awareness to your centre of your palms and relax. Relaxing your fingers.**

**[5 seconds]**

**Now Bringing your awareness to your chest, your upper back.**

**[5 seconds]**

**Feel your chest expanding the air, pushing your chest and your upper back. And on your exhale feel how your chest falls in. relaxing your chest and upper back as you breathing out.**

**[5 seconds]**

**Bringing your awareness to your tummy. And as you breath in let your breath drop into your tummy. You don't have to forcibly change your breathing. But allowing the breath to gently drop in, to sink in to your tummy.**

**[5 seconds]**

**As you breathe in feel your tummy expand and as you breathe your tummy out gently falling in. following your breath all the way to your tummy. Feeling your tummy expand and as you breath out, feel your tummy gently falling in. Doing this a few more times.**

**[5 seconds]**

**Allowing your breath to sink in, let your tummy expand as you breathing in and let your tummy fall in as you breathing out. and inviting a relaxation around your tummy .**

**[5 seconds]**

**Bringing your awareness to your hips and relax. Bringing your awareness to your thighs , relaxing your thighs , relaxing your knees. Now Bringing your awareness to your calves, relax.**

**[5 seconds]**

**Bringing your awareness to your feet, relaxing your feet. Bringing your awareness to your toes. Gently relax your toes. Allowing your entire body to relax as you breathe in and as you breathe out completely relaxing your body.**

**[5 seconds]**

**Now gently imagine that you are breathing in through your whole body as you breathe in. and as you breathing out through your whole body as you breathe out. Breathing in through your whole body and breathing out through your whole body.**

**[5 seconds]**

**Now let's switch our awareness from our body to our breath. As you inhale, just become aware of your breath. And as you exhale, become aware of your breath. breathing in, becoming aware that you are breathing in. And breathing out, becoming aware that you are breathing out. [5 seconds]**

**As you breathe in bring your focus to your nostrils. Becoming aware of the sensations or vibrations as you breathe in. Becoming aware of the sensations or vibrations as you breathe out. Allowing your breath to be normal and natural. Just allowing mind to just focus on the breath.**

**[5 seconds]**

**If there is a thought, it's ok as soon as you realize. Let go of the thought. And gently bring your awareness back to the breath. Breath is the key to anchor yourself in the present moment. Gently bringing your awareness back to the breath.**

**[5 seconds]**

**Now your mind is gently going in to the stillness.**

**[5 seconds]**

**Be there. Be in this stillness. Feel it.**

**[5 seconds]**

**You are so still. So relaxed. So calm.**

**[5 seconds]**



**Be in the moment. There is no past. No future. Nothing to worry about or stress over.**

**[5 seconds]**

**Just you. See your light. Be your light.**

**[5 seconds]**

**Now I like you imagine that you are walking along a path. Entering a green forest. And you enter the forest walking along this path. You notice the wild grass and trees on both sides. Birds are singing off in a distance. It's a beautiful sunny day. The air is pleasant and warm.**

**[5 seconds]**

**There is a slight, breeze making it a more comfortable. You feel the sun shining down on you. Warming and relaxing on your body.**

**[5 seconds]**

**So you take a deep breath, enjoying the fresh air and breath out. Take another deep breath in and out.**

**[5 seconds]**

**Continue to breathe a fresh, clean air.**

**[5 seconds]**

**The puff curves of the head continuing deeper into the beautiful forest. As you continue along the path, you admire the scene around you. You notice the trees knew the path. There park is smooth and brown. looks more round leaves. Further back from the path , you notice the trees get larger. And they are all different shades of green. Colourful wild flowers grown on the grass. And as you round a curve in the park , you can see up a head of clearing. And you notice that it is a pond. And you see that the path continues up to the water and as you walk towards the water, the sun shines down, the birds sings ,the breeze blows . its so peaceful here.**

**[5 seconds]**

**It's such a beautiful day. And you feel very contend. And so you continue towards the pond, you notice that there are seed growing in the grass near the water.**

**[5 seconds]**

**And getting closer to the water, you notice that the surface is smooth and there are small ripples.**

**[5 seconds]**

**And you start to feel calmed by the soothing still water. And so you go over to it. As you step slowly into the water, you notice that it's the perfect temperature for you. You immerse yourself in the water.**

**[5 seconds]**

**And as lay in the healing water, they wash over you, and they sooth your body and sooth your feelings. Any pain or tightness melts away.**

**[5 seconds]**

**And it's a wonderful place to be. Any sadness or hurts inside your body, just disappear and melt away.**

**[5 seconds]**

**So all the goodness and all the health, all the joy that you deserve now washes over you.**

**Keeping in mind that even when I count you out, you go back to conscious ,un awake state. This powerful image remains with you. Before I bring you out, let yourself go even deeper and thank all the images for appearing. In a moment I will count you out from 0 up to 5. And with each count, you will begin to feel more alert and awake with a positive sense.**

**[5 seconds]**

**Beginning with 0. Going deeper and shutting the gates to your sub conscious minds. Blocking you fully and completely from any negative illusions and thoughts from the outside world.**

**[5 seconds]**

**Only keeping yourself conscious and conscious minds open to attracting positive opportunities, situations, circumstances, and people into your life.**

**1, slowly and calmly coming up.**

**[5 seconds]**

**[5 seconds]**

**2 more physically aware and mentally alert.**

**[5 seconds]**

**3 fills your entire mind and body with unconditional love And peace.**

**[5 seconds]**

**4 your eyes are slowly opening**

**[5 seconds]**

**And, 5 your eyes are open and are wide away.**

**1,2,3,4,5 your eyes are open and you are wide, wide awake.**

**[5 seconds]**

**You may choose to stay in this relaxed and peaceful state for a while.**

**[5 seconds]**

**You may begin to listen to any sounds coming from outside the room.**

**[5 seconds]**

**Inside the room.**

**[5 seconds]**

**You may notice any changes in your outside environment.**

**[5 seconds]**

**You may notice the sensations you may be feeling. Any change of temperature.**

**[5 seconds]**

**Coming back to the room, to this reality, ever so gently.**

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### **3. Ultimate Relaxation**

**This is a guided meditation to take you into deeper levels of relaxation. To begin with, sit with a straight back on a chair or a sofa or a mat. You may also practice this meditation on your bed if that's more convenient to you. Close your eyes and rest your hands on your knees, with palms facing the sky. Position your hands in the Pran Mudra by joining the tips of your thumb, little finger, and ring finger together with the other two fingers pointing away from the joint.**

**[5 seconds]**

**Pran Mudra is the mudra of strength, vitality, and stability. It helps us relax from fatigue and reduces anxiety. It makes us feel more attentive and alert. It gives us the courage to start something new and the vision to see the freshness in everything.**

**[5 seconds]**

**And now you have grounded yourself within your body in this moment right now. Imagine that you are in a beautiful environment. a nice breeze rolling land so private.. and peaceful. The sun is shining and it's a perfect temperature and you begin to gently flowed up into the sky where air carrying you. As you approach theses rolling high hills. Feeling calmer and more peaceful as you float right over the edge and the ridge of this beautiful range of hills and mountains ....and right over the top you see down in the valley. A beautiful and private**

**peaceful oasis. Nobody is there and almost looks untouched by human kind.. so serene and there is energy invites you forwards as you descend down and gently land in this beautiful, peaceful oasis**

**[5 seconds]**

**And here you are in the quiet and scared solitude. No one is around and you are able to really tune inward feeling healed by the environment that's surrounds you..**

**[10 seconds]**

**The breeze and a beautiful glistening stream you by so relaxing and peaceful as you get comfortable and settle in faces a private place. Your own personal oasis. Where you can let go and completely detach. So you can balance in this soothing and sacred energy. All you know. And as you sit here feeling so peaceful this is an opportunity for you to just get away and be in nature to receive and to ground yourself as you absorb all the pure energy. As your thought continue to float away.. Your muscles relax. And your body is at such ease and float. And sits in the silence. Just being with this for few minutes. And if any thoughts pomp up that's quite alright.. just go back into your breath and if you would like to release them you can again visualize them ..Floating away as you come to your breath. And relax.. right now...**

**[10 minutes]**

**And as you continue to breathe each inhale, and exhale. Feeling so peaceful and calm your whole body has completely surrendered to the peace for the sacred spaces on your own.. within you a beautiful escape.. that realize you and recalibrates. Your cells. Your entire body .. your mind .. and your soul.. feel it . you have become it..one with this peaceful and so tranquil.. vibration that built.. this entire oasis.. feeling calm and so subtle.. breathing in.. and out...**

**[10 seconds]**

**Where This space is always available for you whenever you need..you can always come here.. all you have to do is close your eyes and connect in with your breath and take this journey.. Always here in forever peaceful this is your place to tune in and to let go.. so you are back to your higher self.. You are so clear.. Breathing in. And out more and more relaxed and calm.**

**Take a deep breath in your nose. Allow the breath to reach all the way down to the base of your spine, Exhale slowly. Take another deep breath like this. The breath filling your body, nourishing you with fresh oxygen with rich blood and on the exhale allows anything that is not serving you to release its whole. On your next inhale, imagine you can see this breath, assign it a color it can be a bright white , soft pink or core blue. Whatever feels needed and natural. With each inhale this light enters in your body and with each exhale the tensions that are hidden in your body are dissolved and released.**

**As you continue to breathe, try to match your exhalations to your inhalations so that you are accepting and releasing in equal measure. Continue to focus on the healing color of the light and as you do begins to feel the**

**new sense of hope and awareness. See the light beginning to pause, collecting at the base of your spine. It begins to take a shape of the triangle.**

**[10 seconds]**

**A solid foundation grounding you down.**

**[10 seconds]**

**The tip of the triangle is reaching up beyond your pelvis, your naval , your heart as you continue to breathe this triangle of light extend on to your chest , neck and head and up the crown of your head. You feel the healing energy within you, and you extended down the world around you. Breathe in , breathe out. Allowing this triangle of this healing light expand. Now slowly, you allow your breath to return to normal and the light settles now again at the base of your spine. You can end this meditation knowing that this light is always there for you. That you have an infinite source of self-compassion and love, that heal and release whatever serve you.**

**[10 seconds]**

**Now I am going to count the numbers form 1 up to 5. With each number that I count you feel yourself becoming more and more alert. You will also feel yourself becoming more and more positive and in control .at the count of 5 you will then open your eyes feeling**

**completely refreshed and alert . 1, 2 ,3,4,and 5. Open your eyes , feel completely refreshed . feeling positive and completely in control.**

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## **4. Relaxing in the Woods – 30 minutes**

**For this meditation, I would want you to sit with a straight back. Close your eyes and rest your hands on your knees, with palms facing the sky. Position your hands in the Pran Mudra by Joining the tips of your thumb, little finger, and ring finger together with the other two fingers pointing away from the joint.**

**Just by making the Pran Mudra, you must have noticed subtle changes in the flow of life force energy in your body.**

**[5 seconds]**

**Pran Mudra is the mudra of strength, vitality, and stability. It helps us relax from fatigue and reduces anxiety. It makes us feel more attentive and alert. It gives us the courage to start something new and the vision to see the freshness in everything.**

**Pran Mudra makes you feel anchored, supported, and balanced. And sitting in this powerful mudra of confidence and vitality, we are going to meditate today.**

**[5 seconds]**

**Now take some nice, deep breaths. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**Very nice. Now One more time. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**And again. Inhale through your nose... Hold the breath... and exhale.**

**Continue this breathing exercise for a while.**

**[20 seconds]**

**Now visualise yourself walking through a beautiful forest. This forest is filled with green trees, old trees, young trees, flowers, lots and lots of flowers, flowers of different colours – red, orange, blue, yellow, white.**

**[10 seconds]**

**And the fragrance is so good. There are so many different smells engaging all of your senses. And what do you smell in this forest?**

**[10 seconds]**



**I invite you to fully engage your sense of smell in this forest.**

**[10 seconds]**

**And what do you feel in the forest. I invite you to walk with your bare feet on the fresh, green grass. With each step you take, feel how the soles of your feet make contact with the Earth underneath.**

**[10 seconds]**

**And as you walk, you can feel yourself being grounded. Grounding is the ability to stay in the present moment. Not be worrying about the past or stressing about the future. Just be in the present moment.**

**[10 seconds]**

**And that's what walking barefoot on the Earth does. Feel the contact with the mother Earth. Keep walking and for a while and enjoy this grounding experience.**

**[10 seconds]**

**Now, coming to your sense of hearing. Can you hear anything in the distance? Or up close? Perhaps you can hear birds chirping? Or they might be trying to communicate with you. Can you decipher their messages?**

**[10 seconds]**

**May be you can hear the sounds of some other animals. A rabbit or a squirrel may be? Can you listen to the noises of insects hiding in the lush bushes?**

**[10 seconds]**

**Bear in mind that you are in the forest as a mere witness. You see what appears. And that's the beauty of this forest, there's so much to see wherever you look.**

**[10 seconds]**

**And you are walking barefoot. You can sense the connection getting stronger. The eternal connection between and Mother Nature. You can feel the warmth.**

**You can feel as if the mother nature is hugging you, embracing you in her arms and nurturing you and filling you with her nutrients, with her**

**energy, with her love as you walk through this path in this beautiful, peaceful forest.**

**[10 seconds]**

**And this path has never been walked before. There are no trails to follow.**

**[10 seconds]**

**And you start to realise that all the thoughts you had before entering this forest all the emotions that you were feeling up on entering have somehow dissolved.**

**[10 seconds]**

**And all that's left is pure joy, stillness, bliss, and so much connection with yourself, with the animals, the trees, the flowers, the sky, the soil. This co-creation of one supporting another, of giving and receiving, of tender, loving warmth. And you can feel that all the elements that surround you are present deep within you too.**

**Now just allow yourself to wonder deeper and deeper within you. Reflect and see what you discover.**

**[30 seconds]**

**Now I invite you to really allow everything that you have witnessed, everything that you been feeling, touching, smelling, and all that have come to your senses, just allow that to all sinking to your entire being.**

**[10 seconds]**

**Allow that to sink into your soul. Take your time and feel that feeling sinking deep within you.**

**[10 seconds]**

**And I want you to carry that feeling within you throughout the day, throughout the week, just carry that beauty within you.**

**[10 seconds]**

**The stillness that you feel right now, carry that stillness within you. And the clarity, the peace, the safety, the assurance, the warmth, and the feeling of being taken care of.**

**[10 seconds]**

**Just remember that mother nature is always giving you whatever you want. She is full of generosity and love and compassion. You can always turn to her when in need.**

**[10 seconds]**

**You are on a journey. A path that has never been walked before. And if you ever feel nervous, or if doubt begin to creep in, imagine yourself being in this forest again. And remember that the mother nature, the ever-giving mother nature is always there to nourish you, guide you, and take care of your needs.**

**[5 seconds]**

**Remember that you have the support of mother Earth. You are loved, you are being taken care of – now and always.**

**[5 minutes]**

**Now imagine a bright green light coming from the core of the Earth and entering your body through your root chakra located at the base of your spine. Mother Earth has sent you this energy as a blessing.**

**[5 seconds]**

**Now visualise that green light collecting at the centre of your chest.**

**[5 seconds]**

**Imagine that light growing larger along with the green colour and expanding in your chest and as this light grows larger, enters into your head throughout your arms and it expands everywhere.**

**[5 seconds]**

**Feel your essence shining everywhere, sharing a light not only upwards but to all beings. Your energy of light follows that intention lets end with a blessing, calling for peace and healing for ourselves and others.**

**[5 seconds]**

**Take this feeling with you for the rest of your life. Releasing and letting go any stress and tension.**

**[5 seconds]**

**When you are ready, bring your hands to your hands to your heart centre in the Namaste position with your thumbs touching your Heart Chakra. Stay in this posture of gratitude till you want to.**

**[5 seconds]**

**And when you are ready, gently open your eyes and come back.**

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## **5. Positive Relaxation**

**Sit in a relaxed yet alert posture.**

**Begin by being aware of your surroundings. And gently turn your attention to the smells and the sound around you. Noting each sound and the smell you can, no matter how subtle not getting attach to it.**

**[10 seconds]**

**just noting it and moving on. Turning your attention now to the physical senses and turn your attention to the physical sensations of your feet or legs on the floor or surface beneath you. The points of contact between them.**

**[10 seconds]**

**Turn your attention to your seat and the surface beneath it and the points of contact between them.**

**[10 seconds]**

**And turning your attention to your hands on the legs or in the lap. and the points of contact between them. Letting know stay where they are those sensations.**

**[10 seconds]**

**Turn your to the breath, following your next breath in through your nose and down into your belly and following it back out.**

**[10 seconds]**

**Noticing the physical sensations and it come in the breath. With each inhale and each inhale. May be sensations at the nose, may be the fabric moving on your skin. With your next breath, I invite you to rest your attention wherever you feel the breath, most prominently in your body may be at the tip of your nose, maybe that's your belly inflating with every breath.**

**[10 seconds]**

**And just rest the attention there. Allowing observing the breath. Again not forcing it , letting it out naturally. And observing that physical sensations in that spot with each inhale and each exhale. I invite you now to begin to count the breath with inhale one ,exhale for 2, inhale for 3, up to a count of 10 . And then starting again over at 1.**

**Gently without forcing it letting your attention rest with the breath, counting the breaths. Remembering that if your mind wanders, its ok, just no worry wanders too and gently guided back. Now I want you to for just few moments let the attention go , let the minds go, let it do what it has wanted to do, that if it's been wanted to think , let it think, if its been wanted to plan , or remember, let it plan or remember.**

**[5 seconds]**

**Just watch where it goes. Bring your attention back to your breath now.**

**[5 seconds]**

Let's start to observe the physical sensations of the breath again. And now follow your next breath in to your nose down to your belly and back out through your nose. Noticing that physical sensations of the breaths, as it passes through the body.

**[5 seconds]**

**On you next in breath , breathe in to your lower body. Noticing the physical sensations of your hands on your lap , or on your legs. Your seat or the surface beneath it. Your legs on the floor.**

**[5 seconds]**

**Coming back into the physical sensations. Allowing the sounds and smells of the room around you to come back to your attention**

**[5 seconds]**

**And you find as you make your way on this inner journey .that your body relaxes very comfortably and easily. And that your imagination just open up to very beautiful, wonderful light . sparkling blue ,crystal clear water. And serves you a sense of that place .allowing your body to rest and settle comfortably back there.**

**[5 seconds]**

**Taking that journey within. You might like to imagine that you are walking on a longer path way.**

**[5 seconds]**

**And as you take each step. You take a sense of rhythm. You feeling strong in your body. And breathing settles to its natural rhythm. Body relaxing comfortably.**

**[5 seconds]**

**As you make your way along this beautiful path way. It feels warm and inviting.**

**enjoying that rhythm in your step, as you make your way. Along this beautiful path way. And can notice the different colors and texture around you. You might be able to feel the kind of a crunch on the soles of your feet as you walk.**

**Breathing easily and comfortably.Heading towards a very beautiful lake. So I would like you to imagine yourself to walking along this path way. And noticing a gentle breeze, crossing your face.**

**[10 seconds]**

**Perhaps you can hear sounds of nature around you. And finding all of that very soothing and comforting.You finding it easier to find your way towards your own special lake. A calm feeling watches over you.**

**[10 seconds]**

**As your path way takes you directly.To this wonderful lake before you now, and so as you make your way, you can notice a fine mist.The sun rising in the sky. There is warmth in the air. And you can feel that sun**

**soothing your muscles in your body. Penetrating deeply, soothing, feeling deeply relaxed. And so as you watch this view before you now, you can just rest there, taking all the time you need. You can notice the lake is its sparkle in the sunlight. Its very blue, crystal clear water.**

**[5 seconds]**

**And you find yourself drawn to that image. You are curious about the water. And how it might feel so you have been feeling quiet. You can dive in that beautiful, crystal clear water. And just feel its cleansing the pores of your skin, clearing away any worries or stresses, leaving them behind as you make your way through the water, and again you can feel the strength in your body. Moving easily, comfortably .enjoying that feeling of freshness, Feeling invigorated. just give yourself some time to play.**

**[10 seconds]**

**Just enjoying your own time, within this beautiful lake.**

**Plenty of time, just allowing your body to relax at a very deep level. Enjoying that feeling of strength in your body.**

**[5 seconds]**

**And as you make your way back from the water, just noticing the colors of the sands beneath your feet.**

**[5 seconds]**

**The beautiful raves the grass raved. And you turn to look back with the expense of water; you can see the play of sunlight on those reeds.**

**[5 seconds]**

**A lovely golden light and as you just sit down there now, notice this smallest steak hail.**

**[5 seconds]**

**Finding something that you can just rest your attention on. A little droplet of water, an insect, a ripple effect on the surface. And so I like you to focus on the finest streak hail you can find there. And really becoming absorbed in that as a mediation for you.**

**[5 seconds]**

**And then we see a finest streak hail, I wonder where that takes you In your thoughts and in your feelings.**

**[5 seconds]**

**And allow yourself to be guided by your own mediation now. Enjoy the stillness as you focus on the finest detail. And I will let you know when it's time to come back.**

**[5 minutes]**

**And so it's time now for you to make your way back. Very gently coming back from that beautiful lake. Knowing that you have rested very well. And that your body has enjoyed. This time that you have given to yourself. Enjoying that stillness and peace of mind.**

**[5 seconds]**

**And as you make your way back from the lake. You know that you can also enjoy that clarity in your thinking, that your body is strong and is supporting you well. And that your time in meditation becomes easier and easier for you. And that you notice so many benefits in your life. And so you can bring all those experiences that stillness, the insights, you can bring them back with you. And use them in your everyday life.**



**[10 seconds]**

**When you are ready to get up, slowly say to your toes: be alert. To your legs: be alert. To your thighs: be alert. To your stomach: be alert. To your chest: be alert. To your arm: be alert. To your hands, be alert. To your face: be alert. And to your head: be alert. Now take a deep breath and big stretch and open your eyes to a stress free and a calm state.**

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## **6. Complete Awareness Meditation – 30 minutes**

**Many people say that meditation is not their cup of tea because it's almost impossible for them to silence their mind. What they don't realise is that there's no need to silence the mind straight away. The mind will continue to wander. You just need to gently bring the awareness back to the present moment. And it will wander again after a while. And you gently bring the awareness back again, and then again. Every time your mind wanders, you will gently bring it back to the present moment. Gradually, after a couple of sessions you will realise that the mind still wanders but not as instantly as it used to do in the beginning of your practice. The wandering will slow down. The awareness will grow. And today, we will take one more step towards awareness.**

**[5 seconds]**

**Let's begin, start by finding a comfortable position. Close your eyes and allow your body to begin to relax. Breathing in and out. Take a cleansing breath in and breathe out any tension in your body.**

**[5 seconds]**

**Taking another deep breath in and exhaling all of your air out.**

**[5 seconds]**

**Continue breathing like this.**

**[10 seconds]**

**And relax. Maintain a gentle focus on the breath.**

**[10 seconds]**

**And now beginning to slow and deepen the breath. Breathing in and out to really invite rest and relaxation even deeper into each cell of your body.**

**Taking a clearing breath, letting go.**

**Breathing in... 2, 3, 4, 5, 6**

**Breathing out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**And relax.**

**[5 seconds]**

**Breathe at your own, gentle pace.**

**[10 minutes]**

**Begin to allow your body to soften, your mind to find ease.**

**Noticing how you feel now with the rhythmic breath, the soothing breath, the nourishing breath. Allowing these feelings of relaxation and rest to flow through each and every cell of your body, relaxing even further.**

**[1 minute]**

**Now feel the relaxation spread to your body parts as I mention their names.**

**[5 seconds]**

**Beginning to feel a sense of relaxation at the bottom of your feet. Allow the relaxation to spread over your feet and up to your ankles. Feel the relaxation raising above your ankles flowing up your lower legs to your knees and continuing up to your upper legs. Allow the relaxation to continue to spread throughout your body. Raising now to your hips and your pelvic area . Adjust your hips so they feel comfortable and allow relation to flow through them. Allow any tightness to gently leave your stomach and lower back . Feel the relaxation flowing through your chest and upper back. Let your upper arms relax. Your elbows, your lower arms ,your wrist. Feel the relaxations spread to your hands , relaxing the palms of your hands. The backs of your hand and each finger and thumb. Your hands feel pleasantly warm, heavy and relaxed. Feel your body relaxing further as the area by your color bones widens and relaxes. Allow your upper back to relax even further. Let your shoulders relax and your neck softens. Feel the relaxation continue to spread to your chin. Allowing your mouth to open naturally and to your cheeks to soften. Feel the relaxation spread to your nose and your eyes. Feel your eyelid heavy and relaxed. Notice your eyebrows soften.**

**Your ears relaxing as well as your forehead. Your forehead feels cool and relaxes. Let the relaxation spread further to the back of your head and then to the top of your head.**

**Your entire body now is relaxed and calmed. Feel the relaxation flowing through out your body from your head to your feet. Breathe in and hold that breath. Relax your muscle totally allowing the breath to flow gently to you nose or your mouth. Take another deep breath in, breathing in relaxation and release the breath breathing 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. Directs 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 the tension. Imagine that breaths in brings relaxation and picture the tension in your body leaving with each exhale.**

**Now, while focusing on your breath enjoy the feeling of relaxation for a few moments.**

**[30 seconds]**

**Now will begin to focus on your breath. The breath has the power to nourish and to heal.**

**[5 seconds]**



**So begin to feel your breath.**

**[5 seconds]**

**Just watch the breath travel. Feel your breath come in... and feel the release of air, inviting it to patiently exit. Just following the rhythm of your own breathing.**

**[5 seconds]**

**You aware of the temperature of the air on your skin. Your cloths.**

**[5 seconds]**

**Maybe you can tune in to the aura or energy of anything that be around you.**

**Acknowledge the honour like you have to reside in this body. This opportunity that you have been given to be in this body. It's yours to attend to.**

**[10 seconds]**

**Again come back into the movement of the breath. The air entering and filling the body. Absorbing. And then they release what's not needed. Releasing and becoming empty.**

**[5 seconds]**

**Inhaling, filling. Becoming full of air, full of breath. And then releasing, letting go, and becoming empty.**

**And again coming back into the movement of the breath. The air entering and filling the body. Absorbing. And then they release what's not needed. Releasing and becoming empty.**

**[5 seconds]**

**Inhaling, filling. Becoming full of air, full of breath. And then releasing, letting go, and becoming empty.**

**[5 seconds]**

**One more time. Again come back into the movement of the breath. The air entering and filling the body. Absorbing. And then they release what's not needed. Releasing and becoming empty.**

**[5 seconds]**

**Inhaling, filling. Becoming full of air, full of breath. And then releasing, letting go, and becoming empty.**

**[5 seconds]**

**The next time you inhale imagine that the breath is travelling to your seat up into your skull, so when your mind becomes an eyewitness to your breath. Filling into your base of your spine. And travelling up into your head. When you breath out it empties from your head, trickles all the way down your spine ending at your seat. The complete inhale from your tail bone up to your crown. And then a complete exhale around down to your tail bone. Breath a link or a chain to your spine travelling up and back down again.**

**[10 seconds]**

**Next time when you inhale, imagine filling from the centre of your chest and out wards to the edges of your ribs when you breathe in. Yes, very good. When you breath out, it empties from the outer edges of your ribs and contains right back in to the centre of your chest.**

**[5 seconds]**

**Now the in-breath travels side to side filling the body laterally. Inhaling from the centre of the chest in out to the ribs. Exhaling feeling the lungs empty to contracted back to centre resting again at the heart. And if your attention wanders, gently bring it back. From centre and outward. Outward back to centre.**

**[5seconds]**

**When you next inhale, imagine breathing that the space touches the ground.**

**[5 seconds]**

**Now forward into the front of your chest. So breathing from the back body to the front body.**

**[5 seconds]**

**Then from the front body to the back body.**

**You go rise to the chest, ribs draw forward, and the ribs compress back gentle release of the navel to the navel.**

**[5 seconds]**

**Breathing forward then exhaling backward.**

**[5 seconds]**

**Inhaling to lift the chest, exhaling to let it soft and closer to the earth.**

**Then finally in your next inhale you can put that altogether. Breathing from the base of the spine to the top of the head in the centre of the chest to the edges of the ribs..now back body to the front body. Then exhaling down the spine back to centre.. back to the earth..your breaths becomes full and vibrant.. filling up in all directions .. and exhaling back into your container... back into your vessel you are living in..**

**[5 seconds]**

**A few more round of full vibrant breath inhaling.. and exhaling.**

**[30 seconds]**

**Begin to transition your awareness. Drawing with you all the peace and understanding if cultivated..the presence you have experience... all your attention back to the space you are in... sensing whatever is above you.. whether it's a ceiling or it's a sky.... Notice what's surrounds you..whether every walls..trees or open space.. Recognise the surface below you..the contact points between your body and the surface that supports you. I want you to have a direct experience with that support.**

**[5 seconds]**

**bring your attention back to breathing. This time you breath your energy begins steady return. Your mind finding a bit of clarity, feeling it slowly wake up. When you are ready may explore the space between the fingers , may be the air between the toes... head might sway from side to side.**

**[5 seconds]**

**And then you gather up whatever it is your body is requesting this time, whether it is asking to take a big stretch or curling. Perhaps you rest the body of front of the side that most inviting. Landing in a position all your way travel to one side. The opportunity to recognize on the ground that supports you, that holds you in each and every day and perhaps an opportunities to honour the body you are living in. And also honour the mind that travels with you.**

**[5 seconds]**

**When you are ready, gather yourself. Coming to a comfortable position once again. Take a full deep breath in all the full directions you full cavity of your body.**

**[5 seconds]**

**And then release the breath out... then take a gentle breath in .. then a patient breath out.**

**Give yourself the greeting to come back into the day from this great space. Give yourself a moment to gratitude for taking the time to travel into this space.**

**And when you are ready, gently open your eyes. Welcome back!**

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## **7. Unburden Yourself – 45 minutes**

**Now imagine you are standing at the top of a large staircase. The Staircase of 20 steps, will take you even deeper in your subconscious, even deeper to your state of relaxation. Starting with 20 and feeling so much relaxed.**

**Stepping down 19 you even more relaxed, as if the relaxation effect is being multiplied with every count.**

**18 and you go even deeper, 17 stepping down.**

**16 , 15,14 you even deeper.**

**13 , 12 ,11, 10 ,9 even more relaxed.**

**8,7 ,6, 5 ,4 ,3 even deeper, 2 , 1, and 0. Deepest relaxation.**

**[30 seconds]**

**Now see yourself stepping off the staircase and walking into a spacious hall way. Begin walking down as hall, as you walk you see a doorway to the left. You open the door and step inside, you find yourself in a large room full shelves and cabinets and boxes, like you might find in back of library or museum or warehouse. And in this place, you can let go of anything which isn't serves you. Feel free to take any doubts, anxieties, fears and negative emotions and let them go. Place then in a box on a cabinet, around shelf. Just take a moment and let yourself unload and unburden yourself. As you let go of these things that no longer serve you, you see yourself moving clear each and every day. Beginning with waking up and ending with going to sleep. And each time you notice something arises and creates negative emotions, just let yourself unburden here. Place them in a box , in a cabinet or on a shelf.**

**[5 seconds]**

**And see yourself moving through your day again. Starting from the waking up and ending with going to sleep. Whenever something arises, creates the negative feeling, you just unburden yourself.**

**[5 seconds]**

**Challenges will come and go. So, you must not be afraid of them. Face them head on but don't be bothered. Whenever you feel the weight of challenges, jut unload them like you are doing now.**

**[5 seconds]**

**Now, continue with this exercise any other negative emotions or feelings that you may still be holding on to.**

**[20 seconds]**

**You feel like you have unburned yourself completely for now. See yourself walking back to the hall way. Shutting the door of this room firmly behind you. You can always come back forward as you have left here. But for now continue walking down to the hall. Noticing how much lighter you feel, how much spring in your each step. Feel yourself moving more actively and confidently.**

**[5 seconds]**

**And at the end of the hall you see a door – a big shining door. You step through this door, and find yourself in a balcony, overlooking a beautiful garden. And at the side of this balcony, there is a staircase leading down to the ground below. Another staircase of 20 steps to take you even deeper to your sub conscious even deeper into the state of relaxation. Starting at 20, going deeper, 19, even more relaxed, 18, even deeper, 17 , 16, 15 , 14, even deeper, 13, 12, 11 , 10 , 9 ,even more relaxed, 8, 7 , 6 , going deeper, 5, 4 , 3 , more relaxed, 2 ,1 ,0 and deep Relaxation.**

**you after staircase and move into the garden , you can sense that this place is just for you. Where you can be at peace. You feel the sense of comfort and creativity. The sense of inspiration, the sense of compassion and love and kindness. Now take a moment to explore the**

**garden, to enjoy the trees , the plants , the flowers, the birds , and the animals, insects . Just let yourself explore. Notice all the beauties that surrounds you .the sunshine , the smell of the flower, and the gentle breeze.**

**This is a place just for you, a place of comfort in your mind, as you can visit as often as you feel like .in this garden, find a place to be comfortable . a piece of grass, other things. Take a deep breath, and make yourself relax even more. Breathing more deeply .feeling a deep sense of calm and harmony . take a moment to enjoy this feeling. 30 sec**

**When you are ready, see yourself standing up. Get a sense of the garden once more. Let yourself alertness of this beauty here. this you turn around you notice a full length mirror. Standing in the garden and mirror you see a reflection of yourself in that you are featuring. Standing tall, high shading , looking calm, confident and accomplished. Take a moment to see yourself like what you are wearing , how you are carrying yourself. And how good you look. Then when you are ready, see yourself stepping through the mirror and into the future self . to feel that sense of calm , success and accomplishment . Realize that you already possessed all that your future self right now. Breathe in that sense of success, enjoy, well being and take a moment to really feel it. 20 sec**

**And now let's take that sense of calm , confidence and well being back with through Into the waking world with the confidence . at the zero coming back to conscious in this moment . at 1, moving away from the sub conscious for now and blocking all negatives. 2, becoming more aware of the world around you as the positive feeling begins to grow. 3, coming back into the room and feeling even better.4 , feel to smile and eyes begins to open. And 5 big smile. Eyes open wide awake as you return to this world.**

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## **8. Finding Stillness – 45 minutes**

**Amid all the chaos of our daily lives, we tend to forget that our true nature is of stillness. If we look deep enough, we will find that at the core of our being lies unwavering stillness. And when we are able tap into that infinite source of peace and tranquillity, we will be unperturbed by the vagaries of the outside world. Today's meditation will be about seeking the stillness within.**

**So, let's prepare.**

**For this meditation, I would want you to sit with a straight back. Close your eyes and rest your hands on your knees, with palms facing the sky. Position your hands in the Pran Mudra by Joining the tips of your thumb, little finger, and ring finger together with the other two fingers pointing away from the joint.**

**Just by making the Pran Mudra, you must have noticed subtle changes in the flow of life force energy in your body.**

**[5 seconds]**

**Pran Mudra is the mudra of strength, vitality, and stability. It helps us relax from fatigue and reduces anxiety. It makes us feel more attentive and alert. It gives us the courage to start something new and the vision to see the freshness in everything.**

**Pran Mudra makes you feel anchored, supported, and balanced. And sitting in this powerful mudra of confidence and vitality, we are going to meditate today.**

**If you wish, you can refocus your posture. Make sure you are comfortable and alert at the same time.**

**[5 seconds]**

**Take a deep breath in through your nose. Hold for a moment. And exhale through the mouth.**

**[5 seconds]**

**Another deep breath in through your nose. Hold for a moment. And exhale through the mouth.**

**[5 seconds]**

**On more deep breath in through your nose. Hold for a moment. And exhale through the mouth.**

**[5 seconds]**

**Keep taking deep breaths for a while.**

**[30 seconds]**

**Relax and breathe at your normal pace.**

**[5 seconds]**

**Now I want you to visualise a tall and beautiful mountain. It could be a mountain you have been to seen. Or it could be sight from a movie or a picture you have seen somewhere. Choose an image of a strong, steady and powerful mountain that resonates with you. You can even imagine a mountain of your own. So, take your time to fix that image in your mind.**

**[10 seconds]**



**And what do you see? Can you see the top of the mountain? Does it have one solitary peak or a number of small peaks rising and falling?**

**[5 seconds]**

**Look at the slopes – are those slopes steep or gentle? Look closer and notice the slopes and sides of this mountain.**

**[5 seconds]**

**And what about the surface of the mountain? Is it rocky or can you notice any vegetation on it? Or is it covered with snow?**

**[5 seconds]**

**You move down and look at the large bedrock in which the mountain is rooted. Just imagine how strong and how still would that bedrock be that has been holding this mountain for centuries? Take a moment appreciate the strength of the bedrock on which mountain rests. Try to feel how it feels to be so strong and still and patient without complaining.**

**[5 seconds]**

**Now picture the whole mountain in your mind. The tall, majestic mountain in all its grace. Notice how still it is. How grounded and balanced. The mountain has no insecurities. It just stand stills, unafraid and unperturbed. Notice its grandeur.**

**[5 seconds]**

**Now bring that image of that mountain into your body, into your posture. Bring that stillness – that unwavering stillness of the mountain in your body. Feel the unmoving presence of the mountain within you. Feel yourself grounded. The base of your spine become the base of the mountain – so strong and steady and still. Feel the energy of the mountain resonate throughout your entire spinal column. Feel your head become the peak of the mountain. Become the mountain.**

**[10 seconds]**

**Just allow your mind to notice, how the sunlight falls on the mountain.**

**[10 seconds]**

**Casting shadows, colours under the light of the sunrays. Perhaps, vivid greens or blues from the plants and the water on the images.**

**[10 seconds]**

**Or perhaps the mountain is coloured in greys and in whites on its very tall peaks.**

**[5 seconds]**

**But just noticing the sunlight on the mountain giving way to dusk and twilight. The colours changing as the night falls on your mountains. But the mountain is unmoved.**

**[10 seconds]**

**Shadows drawing on lengthening. And lightness giving way to darkness. But as the light changes, the mountain continue to sit in an unwavering calmness. But the mountain is unmoved. It is unaffected. Feel the sturdiness and strength of the mountain.**

**[10 seconds]**

**And as the weather changes on the mountain, from the heat of the summers to the cool breeze of the wind cooling through the trees of the mountain.**

**[10 seconds]**

**Shaking the vegetation. But the mountain is unmoved. And even a storm arrives the mountain side pelted the heavy rains and hails. But the mountain is unmoved.**

**[10 seconds]**

**Lightening striking asides of the mountains. But the mountain is unmoved. Through all these changing weathers the mountains continues to sit unmoved by the vagaries of weather. And people come, visit the mountain. And the mountain sits still.**

**[10 seconds]**

**Big days when the mountains trails of full of trucks, full of people walking , climbing its sides . and days when these parts like empty, people chooses no longer to visit the mountain side. And the mountain sits still. And through it all mountain continues to sit, unchanged, unwavering in its stillness.**

**[5 seconds]**

**As autumn falls, all the greens of the tree changed to deep reds and yellows and browns. And the mountain sits still.**

**[10 seconds]**

**The leaves falling from the trees, forming a carpet on the mountain sides. And the mountain sits still.**

**[10 seconds]**

**The heats of the mountain changing to the cool autumn winds. And the mountain sits still. Now moving further into the still, into the snow and ice of the winter.**

**[10 seconds]**

**The mountain side now completely covered in a blanket of a snow. And winter too will pass, the ice melting the mountainsides.**

**[10 seconds]**

**Forming river, streams allowing waterfalls to flow.**

**[10 seconds]**

**As the winter passes , spring arrives. New buds, new colors bursting through. And still of all these changing weathers and seasons to mountain in all its massive and wavering stillness continues to sit.**

**[10 seconds]**

**Calmness abiding all change. And the mountain sits still. The mountain is unmoved. Feel the strength of the mountain. Feel its strength inside you.**

**[5 seconds]**

**And as we sit here now, I invite you to hold this image of the mountain in your mind. And to embody this to same wavering stillness. Just as the mountains moves from day to night, from summer to winter. We too have light and dark that comes into our lives.**

**[10 seconds]**

**We too are attacked by the outer storms. Visited by people, stand alone away from people. And our appearance changes but just like the mountain, we can continue to stay in unwavering stillness.**

**[10 seconds]**

**We can continue to sit, unmoved by the weather. We need to find our own mountain within us. For the weather of our own lives is not to be ignored or denied. Its to be uncouncted, its to be honoured and felt. And just like the mountain you must know what it is to be held in higher awareness.**

**[10 seconds]**

**I invite you to hold the image of the mountain in your mind. And to sit with calmness. With unwavering stillness.**

**[30 seconds]**

**And when you are ready, come back into awareness.**

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## **Contemplation Meditation – 20 minutes**

**The thing about sleep is that the more forcefully we seek it, the more it eludes us. We find different ways and methods to seek help. But the problem is that we look for the solutions outside of us. What we need to do is turn our attention inwards. That's what meditation does. It makes you get rid of the baggage of the past and worries of the future. It lightens your mind, relaxes your body, and soothes your soul. When mind, body, and soul are in harmony, peace comes naturally to you. Then relaxation won't evade you. You would be relaxed yet alert throughout the day, and relaxed and restful during the night.**

**Every night we allow our minds to drift off into pleasant and pleasing places before going to sleep. But mind is like a wild horse that gallops in terrains at its own whims. We might want to control our thoughts but often find ourselves wanting. So, what do we do then? We take small but sturdy steps. We persevere. And we grow. And this session will be a good step in that direction.**

**[5 seconds]**

**Lie down in your favourite sleep position. Relax. You can close your eyes now or anytime between the meditation.**

**[5 seconds]**

Let's think about the day gone by – the day you just had. What was good about it? And what was not so good? And what could have even better? Just think.

**[5 seconds]**

**And just allow yourself to float around in your head.**

**[5 seconds]**

**That you even those who have crossed the limits with you today, just forgive them. Let it go. Forgive them and let it go. everyday something that you are placed to bound. You didn't performed very well. Forgive yourself, Just let it go.**

**And say to yourself, "I let go of the day that has gone by. I release all hate, anger, jealousy and all the negative emotions that I felt during the day. I forgive others for their deeds. I forgive myself. I release everything from the day that does not serve me. I release all the stress and worry. I sleep with an empty and relaxed mind."**

**And repeat, "I let go of the day that has gone by. I release all hate, anger, jealousy and all the negative emotions that I felt during the day. I forgive others for their deeds. I forgive myself. I release everything from the day that does not serve me. I release all the stress and worry. I sleep with an empty and relaxed mind."**

**And one more time. With all your intent. “I let go of the day that has gone by. I release all hate, anger, jealousy and all the negative emotions that I felt during the day. I forgive others for their deeds. I forgive myself. I release everything from the day that does not serve me. I release all the stress and worry. I sleep with an empty and relaxed mind.”**

**[30 seconds]**

**And if some good luck or good fortune came your way, say thanks to your God, to your guide, or just to your bed. And be thankful to the mother earth, spaceship earth carried you throughout the day safely and securely.**

**And say to yourself, “I am blessed with countless blessings that I am grateful for now. There is so much in my life that I am thankful for. I embrace positivity and spread positivity. I am relaxed. I am calm. I am at ease.”**

**And repeat, “I am blessed with countless blessings that I am grateful for now. There is so much in my life that I am thankful for. I embrace positivity and spread positivity. I am relaxed. I am calm. I am at ease.”**

**And one more time. With all your intent. “I am blessed with countless blessings that I am grateful for now. There is so much in my life that I am thankful for. I embrace positivity and spread positivity. I am relaxed. I am calm. I am at ease.”**

**[5 seconds]**

**Stay with this feeling of gratitude for a while.**

**[1 minute]**

**Now notice, think about what would like to have happen tomorrow in an ideal world. What would be the most perfect day, be like for you. And what inspiration and motivation would you like in your dreams.**

**[1 minute]**

**Now it's time to relax your body for a good night's sleep.**

**[5 seconds]**

**Bring your awareness to your body. Now notice any tension in your forehead. Gently release it. And as it goes, let the thoughts go with it.**

**[5 seconds]**

**Be aware of the positions of your tongue. Allow it to relax at the bottom of your mouth. Notice the tension in your jaw, let your jaw relax.**

**[5 seconds]**

**Moving your shoulders little and let them relax. Just imagine the tension following down your arms, just seeping out of your fingers.**

**[5 seconds]**

**Be aware of your breaths , the tension in your chest let that go. And imagine it now following down in your thighs, all the way down your legs, pass your knees, and pass your ankles and pass down your toes and while through your body.**

**[5 seconds]**

**Just become aware of your breath. Paying attention to your in breath and paying attention to the out breath.**

**[5 seconds]**

**And paying very close attention to the fine pauses between the breathes.**

**[2 minutes]**

**[5 seconds]**

**Beginning by paying attention to the cycle of breath. Without changing anything, notice this slow easy rise and fall of your chest on each breath.**

**[10 seconds]**

**Tell your mind it's completely fine to breath easily.**

**[5 seconds]**

**On each silent and easier breath, sense the tops of your arms descending. And your chest loosens, a wave of heaviness works slowly down your arms and flows down to the crease of your elbow. And moves down to your forearms and onto your wrist. And the palms. Then to your arms. Open your palms, releasing your fingers tips into a much more restful and relieved state.**

**[5 seconds]**

**You can feel the calming down of every emotions, thoughts and feelings.**

**[5 seconds]**

**Your neck muscles slowly stretch as your head sinks deeply. Each moment a new piece of relaxation and peace can be felt allowing your mind and body to be still, silent and free in very positive sensations.**

**[5 seconds]**

**Another slow and gentle wave of relaxed tingles begins at your chest. Down to your abdomen. And down to your hips and thighs.**

**[5 seconds]**

**Loosening your back muscles into the perfect position of rest.**

**[5 seconds]**

**The wave of relaxation continues down to your knees, behind your knees to your calf muscles and ankles unlocking your feet into leaning down further and sinking heavily.**

**[5 seconds]**

**Your mind frees itself in every positive moment of bliss In your mind's eye and your imagination, gently feel your body sinking further and becoming heavier with each moment.**

**[5 seconds]**

**Going deeper and heavier you go, sinking blissfully into your bed, a warm and a safe place of comfort.**

**[5 seconds]**

**Now, you are completely relaxed.**

**Good night!**

**[5 minutes]**



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## **2. Sleepy Island – 20 minutes**

**Welcome to this guided meditation session. It is going to be a really sleep tonight. And before you fall asleep, I will take you to the most beautiful beach you have ever seen. You will enjoy and spend some quality time and this place will relax you. And it will calm you to your very soul.**

**To begin with, take a very nice, big deep breath.**

**[5 seconds]**

**Getting into a very comfortable position rest your head upon your very soft pillow. And take another deep breath and relaxing into the bed. Loosening all the muscles.**

**[5 seconds]**

**And breathing deeply, letting your legs relax and sinking to your bed. Breathing fully. Letting your torso melting in to the mattress. Breathing completely and letting go of your muscle in your neck and your shoulders. Now letting your head be melt into the pillow.**

**Now take a one last deep relaxing breath. And as you exhale, let your eyes gently close. Breathe in again slowly.**

**[5 seconds]**

**I want you to visualise yourself standing on a beach. It can be a beach you know yourself. Or beach you like to visit. Or the perfect beach that already exists in your mind. Any one of these is fine. Now, feel the sun on your face. Fee the warm on your face .in fact, the air temperature is exactly suited you. Now listen to this earth, the sound is so pleasant and so calming. The surfs rhythmic timing is so perfect and adds to the calming effects. For now just enjoy the sun in your face and sound of the rhythm of this earth.**

**[5 seconds]**

**Now feel your feet on sand. The sand feel Amazing on your feet. It's warm just at the perfect temperature. Feel the texture of the sand on your feet .just bask in this feeling.**

**[5 seconds]**

**now you look down and you notice the color of sand. And notice that the color of the sand is exactly perfect for your beach.**

**[5 seconds]**

**Now follow the sand to your eyes down to the water. Gaze out of the ocean. The blue of the water is spectacular .and makes you feel centered and in a moment. The sun, the sand, the water , this earth. Peaceful and perfectly calming. Smell the salt in the air. Its there along a with the other smells of the beach. Notice how vivid And complex the smells are. relaxing and calming smells. Now**

**Look around the inland, you can see the pomp trees. Notice their swings and light ocean breeze. The pomp branch are so green. This earth and the breeze combined to become even more relaxing. This is your beach, this is your island. Start walk down the beach. What you see on your walk. Do you notice the sky so blue, the clouds so white. For now just walk and take in the sands and smells of your island . Feel the sand on your feet and the sun on your body. So relaxing.**

**[5 seconds]**

**Keep walking and discovering how in-focus and in the moment your island is becoming, as discover all the wonderful sights as you continue to walk down your beach. you feel contentment. You are glide you took the time to come here. You stop on the beach and notice two beautiful and perfect palm trees with an inviting and incredibly comfortable looking hammock trunk between them. The ocean breeze is just strong enough to hammock sway. Making it looks so inviting. Do you take invitation . And lay down on a hammock now. and enjoy the gentle swings. It feels so relaxing. You feel so sleepy. So peaceful.**

**[10 seconds]**

**Now as I move through certain parts of the body you can repeat the body parts to yourself. Staying alert but relax. And as we begin bring on your awareness to the top of your head. Your hair, your crown, relax the top of your head. Softening the skin across the crown. Relax and soften your eyebrows. Relax your temples, the sides of your head. The entire face relaxes, the muscles are relaxed and smooth. As your bring awareness to your eyes, allow your eyes to be heavy .sink down and back. Relax and getting deeper skin in your face. Relax your ears, as you relax the nostrils, notice on the breath in , the breath is cool. Notice as you exhale, the breath out is warm. Notice how the breath is full, relax the upper lips and lower lip. Allow your tongue to rest to bottom of the mouth, without pressing the tongue to the roof of the mouth. Relax the jaw, may be open and close your mouth if you have any tension in your jaw. Sometimes you are not aware that we carry tensions in the jaw and the neck. Soothing out the muscle in the back of the head .now absorb your shoulders, notice your right shoulder and your left shoulder, let go nay tension. Notice your arms and elbows. The right hand, the back of the hand. Right thumb, index finger, third finger, fourth finger, fifth finger. The entire arm, elbow, lower arm, shoulder, wrist, relax. Feel so relaxed. Bring awareness to the left shoulder, relax the shoulder, lower arm and wrist, awareness to the left shoulder, relaxing the left shoulder up to the arm, forearm, to the wrist, relax the thumb,index finger, third finger, fourth finger, fifth finger. The entire arm, elbow, lower arm, shoulder, wrist, relax. Keep your awareness on a part till it relaxes and then move your awareness gently to the next part. Notice the belly rise with each deep inhalation and feel the belly lower with each deep exhalation. Relax your rib cage, soften your belly. Allow these muscle to soften and relax.**

**[5 seconds]**

**Notice that as you inhale the chest rises and expands. Relax your hips, bring your attention to your right hip, left hip, allow it to relax. Bring your attention to your foot, the right heel, the top of the foot, bottom of the foot, toes. Relax the hip, ankle .now bring your awareness to the left side of your body. Bring your attention to your foot, to your heel, the top of the foot, bottom of the foot, the toes. Relax the hip, ankle, thigh, shin. Feeling so relaxed. Feeling your entire body cavity and relax and bringing to mind that feeling of heaviness as if you have a invaded blanket in your body. This feeling of heaviness, your body is filled with. Feel the sensation of lightness in body. This feeling of lightness throughout the entire body.**

**[5 seconds]**

**And you are now gently drifting away into a relaxed and peaceful night's sleep. Deep sleep, Deep relaxing sleep. Soothing sleep. Calmness. Peaceful with yourself. Heavy peaceful sleep.**

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### **3. Drifting off to sleep – 20 minutes**

**Welcome to this guided meditation for sleep. I assume you are done with all the chores and are ready to drift off to a peaceful sleep. Remember there is no wrong way to do this meditation, it's not a test. Just be curious to that whatever unfold. Don't worry too much whether you follow along or not. You will feel relaxed anyhow.**

**[5 seconds]**

**Set the temperature and lights as per your comfort. Sink in the welcoming softness of a couch or lay down in bed. Whatever position you choose, feel free to stretch your side. Your body may not settle down immediately. Take your time, there is no rush. Close your eyes.**

**[5 seconds]**

Let's begin to relax now letting the breath fall from your body. And your Shoulders dropping down with each exhalation. Feel the weight of your body sinking downwards as you release each breath. Your muscles just hang from the bone. Limbs feel heavy, as your belly relaxes too. There is no rush, sink into the body like you slipping into a warm bath. Imagine a warm hand coming to rest on the back of your neck. And you can feel the relaxation.



**[5 seconds]**

**Let your awareness have that same soothing qualities. Soothing the muscles of the face, the jaw, neck, and the shoulders. Feeling your ribs expand apart as you breathe. And perhaps you become aware of the places of your tensions; discomfort in your body, if so let your awareness rest with these sensations. So you are gently massaging your body with your mind.**

**[5 seconds]**

**Perhaps you experience the feeling of relief is emotions begin to surface. And might be thoughts about the day its being, what to come, something else. It's the time to be with these thoughts, feelings or surface. You can acknowledge them, explore them. Just acknowledging is enough. You simply let them drift back. It's your choice.**

**[5 seconds]**

**May be there is somewhere in your body that relaxed your awareness is naturally drawn there. Or perhaps some emotional surfaces asking for your awareness. Notice that just breath, quietly, restfully. Now your awareness to rest with, whatever emerges ,moments,**

**[5 seconds]**

**Guide this things, may be just the let things be, not trying to change anything.**

**[5 seconds]**

**Doing your best not to judge things good or bad, right or wrong just noticing. Offering yourself support or empathy you might need. Let your awareness drift . So you will be drifting off to sleep. What are there in impulses? You can invite the feeling of kindness, gentleness. Noticing any respond to this suggestion to be kind. Perhaps resistance or announce tend to be pleasure, relief, nothing at all.**

**[5 seconds]**

**Just relaxing. Feeling aware. Feeling relaxed. Feeling aware. Feeling relaxed.**

**[5 seconds]**

**Now allow your body to arrive into this space around you.. And to also arrive into this conscious space. A space to release the day that was and prepare you for deep rest and healing. Arrive here.**

**[5 seconds]**

**Going inwards, to retreat and to connect.**

**Inhale deeply through your nose and exhale fully. Inhale to connect to the body and exhale sincere gratitude. Inhale quieting the mind and exhale relacing the body. Inhale a little deeper and now exhale through the mouth, releasing any tensions. Allow the breath to continue to move through.**

**[5 seconds]**

**Reflect over the day that just passed and do so without any judgment. Let it be what it was. Let it be the past. Let your mind and body now to rest, to prepare.**

**[30 seconds]**

**Visualize yourself laying outside with the earth beneath you, resting on the softness bed of grass that you have ever seen or felt. And with the sky above you as you witness the transition from day to night.**

**[5 seconds]**

**The sun sets behind you and the moon rising in front of you. Observe this transition, the warm colours of the setting sun.**

**[5 seconds]**

**Being placed by the cold tones of the night sky. As the moon gets higher and higher into the sky , you feel it's light glowing down directly over you. You are in the direct line that beam from the beauty of the moon. The light of the moon has healing properties. Let the moon light wash over you, preparing you for the evening of rest. To allow the wisdom of your body to take over.**

**[5 seconds]**

**The energy from the moon rings infinite potential. Its magical presence possess wisdom. That you can feel through your body as it glows over you. Invite the light of the moon. Bath in this moonlight. Feel it's flowing around you and through you. You can feel your body being healed. Through its light, the moon channels to you and abundance of feelings floats and emotions. Feel into each of these as they are repeated.**

**[5 seconds]**

**Calming, relaxing, slow, peaceful, soothing, relaxing, contented, flowing, happy, grounding, safe, intrusive, softness, openness, wonder, happy, all connected as you embody the energy of the moon.**

**[5 seconds]**

**You are now ready for an evening for rest.**

**[5 seconds]**

**To further put your body into a deeper state of rest, we are going to do a body scan, so each time I name a different part of your body, just bring your attention here. Notice whatever sensation is in each part of your body. Start with your mouth, sense your mouth, roof of your mouth, floor of your mouth. Inside of your left cheek, the inside of your right cheek. Tongue, jaw, lips, nose, left nostril, right nostril, both nostrils at the same time. Eyes, left eye, right eye, both eyes at the same time. Forehead, back of your neck, left side of your neck, right side of your neck. Bring your attention down your left arm, focus on your left thumb , left index finger, middle finger, ring finger , little finger. Palm of your left hand, top of your left hand, wrist, elbow, shoulder. Sense down your right arm, thumb, right index finger, middle finger, ring finger, little finger. Palm of your right hand, top of your right hand, wrist, elbow, shoulder.**

**[5 seconds]**

**Sense of your chest, the sides of your chest, sides of your rib cage, left and right of your back. Lower back, sides of your waist, left and right. Belly, left hip, thigh, left knee, foreleg, left ankle left sole of your foot, toes, big toes, second toe , third, fourth, fifth. Right hip, thigh, left knee,**

**foreleg, ankle , sole of your right foot, toes, big toes, second toe , third, fourth and fifth. Both feet and both legs at the same time. then feel your whole body. Your whole body's sensation.**

**[5 seconds]**

**Your whole body is now completely relaxed. The light of the moon is relaxing you further into deeper states of sleep.**

**Deep sleep, Deep relaxing sleep. Soothing sleep. Calmness. Peaceful with yourself. Heavy peaceful sleep. Sleep. Deep Sleep. Deep relaxed sleep. Relaxation Sinking deeper and deeper and deeper. Embracing and accepting. Deep Sleep. Peaceful and relaxing. Sleep. Embraced by warmth and calmness. Soothing sleep. Calmness. Peaceful with yourself. Heavy peaceful sleep. Sleep, deep sleep, deepest levels of sleep. So relaxing and calming.**

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## **4. Journey through the woods – 30 minutes**

**Lie down in a comfortable position of rest and sleep. Close your eyes.**

**Maintain a gentle focus on your breathing pattern.**

**[10 seconds]**

**Beginning to slow and deepen the breath. Breathing in and out to really invite rest and relaxation even deeper into each cell of your body.**

**Taking a clearing breath, letting go.**

**Breathing in... 2, 3, 4, 5, 6**

**Breathing out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**



**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Continuing on for a moment at your own pace.**

**Beginning to tune into your rhythm within you.**

**[2 minutes]**

**Continuing to letting your mind feel the rhythm. Begin to allow your body to soften, your mind to find ease.**

**Noticing how you feel now with the rhythmic breath, the soothing breath, the nourishing breath. Allowing these feelings of relaxation and rest to flow through each and every cell of your body, relaxing even further.**

**[10 seconds]**

**Scan your body to feet to head and become aware of any physical sensations in different parts of your body. we are not looking for any particular sensation but simply observing whatever is there, such as tingling , heat, cold , heaviness , lightness, pressure, numbness, tension or pain.**

**[10 seconds]**

**We are holding these sensations in awareness, judgment not making them good or bad. Simply expecting them as they come.**

**[10 seconds]**

**Also noticing where these sensations stay the same or they change or dissolve.**

**[10 seconds]**

**To begin with gently bringing out awareness into your whole body. Sitting or lying here. Notice how the body feels in this moment.**

**[10 seconds]**

**Now taking a deep breath all the way down to foot. Noticing any physical sensations on the right foot, on the sole, the toes, the top of the foot, noticing what is there may be some tingling, some pulsation. And gently moving upwards towards the right ankle. Lower right leg, the calf and the shin muscle, the right knee, back of the knee. What kind of sensations can you notice? And simply keep moving upwards noticing the sensations in your upper right leg, on those big thigh muscles. Moving all the way up to the right hip. Becoming aware of any sensation in your right leg at this moment. May be some tingling, pressure, heat or tension, simply making space whatever is there.**

**[10 seconds]**

**Taking a deep breath in and out, letting go of the awareness of the right leg. And bringing our attention to left leg. In a similar way scanning our left leg starting from the left foot and slowly going upwards. To the left ankle, lower left leg, left knee, upper left leg, all the way up to the left hip.**

**[10 seconds]**

**Noticing any sensations in your left leg at this moment. If the mind wanders in this practice, simply noticing what is in the mind and gently bringing it back into the body, into the body sensations.**

**We are shifting our awareness to the lower back. Noticing any physical sensations in that area. And gently moving upwards to the middle back and upper back and shoulders. We often hold lot of tensions in that areas. Simply noticing any tensions that show up without judgment. What kind of physical sensations you are aware of in your back at this moment.**

**Take a deep breath in and out and gently bringing our awareness to the front part of our body starting with the lower abdomen. And moving up towards the stomach, the belly, and all the way up to the chest. Noticing any physical sensations around the chest.**

**[10 seconds]**

**May be becoming aware of the sensation of breathing. Expansion and the contraction of the chest.**

**[10 seconds]**

**Slowly directing our attention to our left hand, palm , fingers, the finger tips. Our hands have rigid nerves, you may feel lot of tingling , pulsation , may be heat or cold. Simply noticing any of these sensations. And gently moving upwards to left wrist. Lower left arm, left elbow, upper left arm, biceps, triceps and a left shoulder.**

**[10 seconds]**

**Taking a deep breath in and out and bringing our attention to the right hand.**

**[10 seconds]**

**In a similar way we are expecting any physical sensations, starting from the fingers, palms , wrist , lower right arm, right elbow, upper arm, all the way up to the right shoulder.**

**[10 seconds]**

**Gently moving our awareness to our throat area. And observing any sensations in that part of your body any moment.**

**[10 seconds]**

**And gently moving upwards to the face, the mouth, jaw, nose, ears, eyes, forehead, and entire scalp area, simply noticing and observing. Now expanding to feel this awareness to the whole body once again. Noticing any sensations arising anywhere.**

**[10 seconds]**

**What is catching your awareness right now in your body? Can you simply notice and let it be there.**

**[2 minutes]**

**Now start to bring your attention to your forehead. Notice any sensations here. That might be there a particular sensation that stands out , that too is ok. Allow that to be no need to change it .take your attention to the brow, let the brow be soft, relaxed. Notice the corners of the eyes and the eyelids.**

**[5 seconds]**

**Allow yourself to soften and release around the eyes. Let the face relax, let the cheeks and jaw be soft. Giving yourself space to simply feel the body, just as it is. Trying to bring your attention to your mouth. Notice the corners of the mouth. Notice where the lips are, gently press them together. Notice any sensations in your lips or the mouth. Allowing yourself to release over and over again into the here now. Into feeling the body.**

**Starting to gently move your attention down, to the neck and the shoulders. Let the shoulders relax. They fall into gravity. Soften naturally. Notice the color bones. May be you notice a temperature in the contact with your clothing on your skin. The vibrations all this ok,**

**all this welcome. Feel what's there. Open yourself up to the sensations that arise.**

**[5 seconds]**

**And the attention is open and lucid they give space for sensations to arise. Allowing them to be. And we can start to notice chest. Feel the breath gently arise and fall the chest .what in this moment cause your attention. Feel it, open yourself up to it. Releasing into the here now. Opening up to the present without domains. Just noticing the chest.**

**[5 seconds]**

**Notice the stomach, noticing the breath moves in this part of body. Start to move your attention to our arms. Scanning gradually from the shoulders, down on length to the arms. Moving down to the hands. Feeling the sensations that are here. Receiving whatever is here. You noting what's not here. No worry if you feel not any particular, everything feels a bit neutral. This too is welcome. Start to notice hands. May be you can notice your pulse.**

**[5 seconds]**

**The temperature on your skin. Notice sensations in the palms. Allowing the tensions to glide back up the length of the arm. Arriving at the shoulders and starting to move the attention to the back of body, backs of the shoulders. Feel the space between the shoulder blades.**



**[5 seconds]**

**Noticing anything that's here in this area. Starting to scan the attention gently down the spine. Feel your back.**

**[5 seconds]**

**Notice if any sensations stand out. opening yourself upto whatever is there. Allowing yourself to feel. Connecting with this area.**

**[5 seconds]**

**If we notice that we have gotten distracted, following the train of thoughts, it's ok. In that moment we notice that we moved it away from feeling our body, just gently, patiently and with the certain sense of kindness chose to release the train of thoughts and reconnect with the feeling of the body.**

**[5 seconds]**

**Noticing the back, the low back. Start to notice the hips, the pelvis take your attention to this area.**

**[5 seconds]**

**Notice where the bottom is connected with the surface you are resting on. Opening up to any sensations, connecting with them, Feeling them.**

**Now moving the attention gradually from hips starting to release through the thighs.**

**[5 seconds]**

**Scanning down the legs. Noticing any feelings in the knees. Continuing to move the attention on the lower legs, feeling the calves, the ankles, feel the soles of the feet. And the tops of the feet.**

**[5 seconds]**

**Notice any sensation in the feet. Tingling or numbness, we can allow space for these feelings, simply be opening ourselves up to the sensations. releasing ourselves over and over again into this moment. Now take your attention to whole body feel your whole body. we can feel grateful for our bodies, for your health. Inviting in a sense of appreciation with the next breath in.**

**[30 seconds]**

**Now I want you to imagine yourself standing in the middle of a beautiful forest. In front of you are cedar trees, pine, oak, and so many other different kinds of trees. You walk on a path meandering down the forest. You can see small bushes of shrubs and small plants on edges of this path way. There is a very earthy and pleasant smell in the air. And as you look around you notice the rays of sun beaming through different parts of the forest.**

**And as you start your walk, you notice how spongy the forest floor is underfoot. It's so soft, so cushiony with every step.**

**[5 seconds]**

**You walk very slowly, being aware of each step you take. Be conscious, be aware, be in the present moment. One step at a time!**

**[5 seconds]**

**You can hear the chirpings of the birds above. They are singing and talking away. The air smells sweet and fresh. Like just after a fallen rain. It's very peaceful here. Remember to be in the present moment. As you walk along the path, there is a tree up ahead, they catches your eye. It's a very old tree, a very large tree. It's right on the edge of path way. As you approach it, you can feel its energy, wisdom, acknowledge.**

**Reach out and touch the tree. Its branch is cool and rough. Just become one with it, just listen to it, just feel it. It has great wisdom.**

**[5 seconds]**

**Imagine its roots deep into the earth, under the path here and beyond. Imagine how large and deep they must go. Imagine other trees around it, their roots intertwining, connecting, communicating. Nurture one another. And comfort one another. The forest is alive, with its own passive energy grounded deep in the earth. Pull the earth's energy up through your legs as you are standing there. Touching the tree, collecting and communicating with the trees. Hold the earth energy up through you.**

**[5 seconds]**

**Now look around of the bushes, below the tree, around the tree, and along the path. They are vibrant. Different shades of greens and yellows. There is dew on all the larger leaves. You can see fallen trees on their masses accumulated in ground over the years. Allowing new trees just grow through helping nurture, helping the trees cycle continue on and on. Energy in the vibrance of deep forest, plants all around you. It's filling you and recharging you. Fully energy of the birds, fully energy of the animals of the forest. Appreciate their contribution to your life. Feel the positivity of the earth under your feet. The energy is running up and through you. You are connected to this earth, the trees, the ground, the plants – all in this together. Remember to be in the present moment. That continues on your walk, slowly as the trees under passed. Larger trees smaller trees, you notice their stems for a dangerous trees fallen, all years gone by.**

**[10 seconds]**

**You can hear a little sound of flowing water in the background as you are walking. You notice a gently flowing river, and you decide to stand there for a while and enjoy the flow of water. Remember to be in the present moment.**

**[5 seconds]**

**Sun is coming through the branches of the trees above. Everything seems great and peaceful. Fresh and cool air is breezing. Remember to be in the present moment. You continue your walk through the forest along this soft and internal. So many different trees are on your way. This beautiful forest has so many fallen trees. Remember to be in the present moment. Where new trees and new life is spreading up. The cycle of life is very apparent here. There is more earthy smell. The area has more fallen trees more darkness. It's so beautiful here. Remember to be in the present moment.**

**You keep walking on to the forest. Until there is an area over where there is a long path. And now you turn around and look back ward, backwards forest you came. Remember to be in the present moment. Backwards over the trail path. It's beautiful. The sun shining through the trees. The glistening water on the leaves, sparkling the rays of sun. The sound of the birds. The trees blowing in the wind. It's so pleasant here. And you feel so sleepy.**

**Soothing sleep. Calmness. Peaceful with yourself. Heavy peaceful sleep. Sleep. Deep Sleep. Deep relaxed sleep. Relaxation Sinking deeper and deeper and deeper. Embracing and accepting. Deep Sleep. Peaceful and relaxing. Sleep. Embraced by warmth and calmness. Soothing sleep. Calmness. Peaceful with yourself. Heavy peaceful sleep. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep.**

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## **5. Sleepy Ride – 30 minutes**

**Adjust into a comfortable posture for sleep. Find a steady slow breath. With it each inhale breathing in relaxation, with each exhale breathing out tension. Each inhale and exhale bringing you into a quiet, comfortable, relaxed state. Now focus on the top of the head and visually draw a line on your forehead, your nose, your lips, chin, your neck and chest all the way down.**

**[5 seconds]**

**Focusing now on your toes, on your right foot, picture them as a body of water.**

**[5 seconds]**

**Your whole body is water. On your next exhale visualize the release of the tension, your toes one by one melting away, trickling away from your body like gentle water dissipating smoothly , quietly and softly. Moving up from your toes relax the tension on your whole foot, your ankle, your calf. Visualize the tension melting away just like water.**

**[5 seconds]**



**Now visualize your knee, your leg, all the way up your hip. Releasing like a water trickling away from your body. So much relaxation.**

**[5 seconds]**

**Moving up through your belly, your shoulder and down your right arm, each finger, all the tension being released trickling away, dissipating into nothingness. Now focusing up the shoulder , then neck, your face ,all the tension has melting away from you, trickling away.**

**[5 seconds]**

**Now focus on the left side of your body , beginning with the left foot, releasing the tension in each of your toes. visualizing the tension washing away from you like water.**

**[5 seconds]**

**Becoming nothing, dissipating, evaporating trickling away. Move up and release the tension in your foot , your ankle , your calf, your knee , your thigh and hip. Keep working your way upward, releasing the tension washing all of the tensions away like water. Move up your belly , your chest , your shoulder. Now down your left arm, releasing the tension in each finger, your hand.**

**[5 seconds]**

**Visualize the tension dripping away from you like water droplets. Gentle and smooth, soft and serene. Visualize now your neck , your face releasing any tension you may be holding and let it go wash away now. Your whole body has been released.**

**[5 seconds]**

**You have completely evaporated all of your tensions into a body of water that you are now a part of. Feel yourself steady, quiet and slow. And know that this quiet place is available to you anytime you want to come back to it.**

**[5 seconds]**

**Breathe here, continuing to fill you up with relaxations with each inhales and exhale any remaining tensions.**

**[5 seconds]**

**Bring in to your imagination that you are walking towards a long train. That is parked along the country side ..the engine of the train is stopped at all station in middle of nowhere.**

**[5 seconds]**

**And the long train ready extend into the horizon.**

**[5 seconds]**

**You are walking several section back..and you notice an open wagon ..  
you see the workers getting ready to depart ..**

**[5 seconds]**

**And the steam is blowing out of the engine. You open the wagon and  
find that it is filled with fresh hay. You hear the train horn  
blowing..and the sounds of the distance voices calling all over.**

**[5 seconds]**

**You lay down on the hay and it is perfectly comfortable.**

**[5 seconds]**

**You are positioned in a way that you are gazing out to open door into nature.**

**[5 seconds]**

**As you sit back waiting for the train to begin to roll. You look around the wagon and notice all the details.**

**[5 seconds]**

**The weather is perfectly mild and soothing. Perhaps you can sense the smell of the hay and the countryside breeze.**

**[5 seconds]**

**Notice everything as vividly as you can.**

**[5 seconds]**

**Soothing station bells begin to ring allotting that the train is leaving the station. The wagon begins to roll very slowly .and you take a deep**

**breath of relief. Because you know you are going for a long relaxing ride.**

**[5 seconds]**

**The vibrations under you getting stronger. Because the train is increasing in speed.**

**[5 seconds]**

**You can hear the relaxing sound of the wheel turning along the tracks.**

**[5 seconds]**

**And they pass by and the ringing sounds get fader in the distance. Until you can hear them any longer.**

**[5 seconds]**

**The vibrations under you are strong, Yet soothing. They even now to relaxing hums as the train has reached the safe and steady speed for a long journey. Pause for a breath. Breathe in. Breathe Out. As you gaze outside there is still lights. But it will be sun set very soon. You can see**

**out both side of this train car. Pause for a breath. Breathe in. Breathe Out. Making for the most beautiful views you have ever seen. You see the ground close to you passing by very quickly. And the trees near by passing a little slower.**

**[5 seconds]**

**And in the distance some rolling mountains are moving ever so slowly by as you ride.**

**[5 seconds]**

**Look out to this nature and just really enjoy its beauty. The sun is beginning to meet the horizon. Pause for a breath. Breathe in. Breathe Out.**

**[5 seconds]**

**Setting behind a soft, rolling melting range in the distance. the colors that the sunset begins to create for you are breath taking. Pause for a breath. Breathe in. Breathe Out.**

**[5 seconds]**

**The pinks and yellows of the sky fade into bright blue than into deep blue of the night sky inching in .the gentle melting range gives of hues greens and the blues and greys. Pause for a breath. Breathe in. Breathe Out.**

**[5 seconds]**

**The sun down is reflecting colors of purples mixed with oranges now. Pause for a breath. Breathe in. Breathe Out. As it dips below the mountains .meadows of warm golden colors are passing by the train. Pause for a breath. Breathe in. Breathe Out. And every now and then and in all giant oak tree passes you by standing probably in the scrolling fields of gold.**

**[5 seconds]**

**This view is mesmerizing and you are not thinking about anything other than the beauty you are witnessing. You are getting more and more relaxed. And feeling for these beautiful moments .in the twilight upon this sleeping train. You are very comfortable and ready for restful night sleep.**

**[5 seconds]**

**The aura of the sun is slowly fading away and the night sky is chasing away the sunset. You are eyes are becoming heavy tirelessly. As you watch day turn to darkness. Pause for a breath. Breathe in. Breathe**

**Out. The white meadow of the pass by train and now it is entering a forest. The weather cool just a bit and you can smell the breeze as they close in around the trees. Dark has settled in as there is dark moonlight. Pause for a breath. Breathe in. Breathe Out. Peaking through the trees as they pass by .the hum and residence of the train are very soothing to you. Making you even more sleepy.**

**Your eyes are close now and occasionally open them just for a moment to gaze around the wagon. And to view the nature outside the door.**

**[5 seconds]**

**Now hear yourself saying, as you drift and float on this dreamy train ride ..sleep comes whenever stores me and heals me. Night time is my time to fully rest and rejuvenate .**

**[5 seconds]**

**A restful night sleep is approaching. You are already feeling so sleepy.**

**Take three deep breaths. Inhaling fully and then releasing fully. In... and Out. In... and Out. Now again. In... and Out. And relax.**

**[10 seconds]**



**You can feel a sense of deep relaxation covering your entire body right from the tip of your toes to the crown of your head. As if you are resting and relaxing in an envelope of peace. Pause for a breath. Breathe in. Breathe Out. Every cell and every muscle in your body is relaxed.**

**[5 seconds]**

**You feel so light, so relaxed. Just ready to fall asleep. To help you sleep faster, let's count backwards from 100. So let's relax the mind by really slowly counting down from 100.**

**99... 98... 97... 96... 95... continue counting. Each number makes you feel comfortable and relaxed. If you lose count that's fine, just pick up from wherever you remember you lost count.**

**[The narrator must speak the numbers in fading voice]**

**95... 94... 93... 92... 91... 90... 89... 88**

**That's right. You are doing fine. Continue counting backwards. And if you lose count, just start again from where you left.**

**Feeling your breath as your companion, helping you to power down all that has happened throughout this day. Breathing in a sense of calmness and peace. and breathing out, just letting go. Allowing your breath to soothe and nourish you.**

**[10 seconds]**

**Your breath becomes slower, deeper.**

**Allow the breath to lower you deeper and deeper into sleep. [10 seconds]**

**It's okay to rest. [10 seconds]**

**You are held. [10 seconds]**

**Relaxing deeper and deeper.**

**[30 seconds]**

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## **6. Natural, peaceful, sleep – 30 minutes**

**Sleep should come naturally and not be forced upon oneself. The harder we try to sleep, the more elusive sleep becomes. So what do we do, then? The answer lies in keeping things simple. We must understand that there's no quick fix solution or any short cut to a sound sleep. Sleep will come naturally. The only barrier to a restful sleep is our mind, which runs amok when we want it to calm down. That's why meditation during night is recommended to induce a peaceful sleep. Meditation calms the mind. Thoughts cannot just evaporate, they will continue to come and go in your mind. What we can do is manage the flow of these thoughts through guided meditations. And one such meditation we are about to do today.**

**[5 seconds]**

**So, adjust into a position of rest and comfort. Have a nice blanket if you feel like. And when you are ready, close your eyes.**

**[5 seconds]**

**Bring your attention to your senses, by allowing each perception come to you. Senses wide open and receptive to sense. The touch of air on your skin. Sensations where your body touches the surface they are providing the support. Sensations with in and through out the body. They are calling your attention. Welcoming the vibrant aliveness of the body , just as it is. Now allow my words to your words. As you rotate**

**attention through out your body. Sensing your jaw, lips, teeth, gums, mic, floor of the mic, ceilings, inner walls , left and right, tongue, back at the throat, the entire jaw ,and throat as sensation. Give up being involved with thinking. Instead welcoming sensations just as they are. Sensation of the left ear, right ear, both ears at the same time as sensation.**

**[10 seconds]**

**Let nostril, right nostril sensation of both nostrils. Left eyes , eyebrow, temple, cheek bone, entire left eye as sensation. Right eye , eyebrow, temple, cheek bone, the entire right eyes has sensation. Both eyes at the same time, as radiant sensation. Without analyzing just simply sensing your way forehead, crown, back of the head, neck sensation along the inner walls of the throat. Left shoulder, left upper arm, the elbow, the forearm, the wrist ,the palm and the fingers, the entire left arm has radiant sensation. rightshoulder, right upper arm, the elbow, the forearm, the wrist ,the palm and the fingers, the entire right arm has radiant sensation.**

**Letting go of the thinking mind thoughts drifting away like helium ballons.Sailing away into the sky.Welcoming both arms at the same time as the radiant sensation. Sensing the upper chest and back, the mid chest and back, the belly and the lower back , the ceiling and floor of the pelvis. Letting go of the thinking the entire torso alive as a flied of radiant, vibrant sensation. Sensing the left hip ,thigh, knee, shin and calf , the ankle , foot and toes the entire left leg has vibrant sensation. Sensing the right hip ,thigh, knee, shin and calf , the ankle , the foot and toes, the entire right leg has sensation. Welcoming both legs, of the same time as the vibrant sensation. Sensing the front of the body, the back of the body, the entire left side , entire right side, sensation deep inside the bod. Sensation on the surface of the body. Welcoming the**

**entire body as vibrant sensation. Radiating in all directions inwardly and outwardly. Welcoming your experience just as it is. And feelings of being secure and at ease.**

**[10 seconds]**

**Be aware of the body breathing itself. Flows of energy as breath flows in and out of the body. Chest and belly gently arising and releasing with each breath. Welcoming sensation throughout the entire left side of the body from head to toes, front and back, deep inside an surface sensation. Welcoming sensation throughout the entire right side of the body from head to toe, front and back, deep inside an surface sensation. As soft and a ease taking your time. Letting go of thinking, the entire body. Welcome flows of energy coming and going throughout the entire body. The entire have rest and at ease. By soft and ease. the entire body heavy , relaxed and at ease. heavy , relaxed and at ease. heavy , relaxed and at ease**

**[10 seconds]**

**Now maintain a gentle focus on your breath. The air that flows in... and out.**

**[5 seconds]**

**I want you to place your one hand on your forehead, and one hand over your heart.**

**[5 seconds]**

**Now focusing on the space in between the hands.**

**[5 seconds]**

**Focusing the energy and the attention between these hands.**

**[5 seconds]**

**Focusing on both hands, noticing the warmth of your hands, on your skin.**

**[5 seconds]**

**Becoming aware of the beating of your heart. Feeling that connection – your heart, your hand, your head, the gentle breaths.**

**[30 seconds]**

**Focusing on this space.**

**[10 seconds]**

**Now, say these affirmations:**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**Very good, now repeat.**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**And one more time. “With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**[5 seconds]**

**Very nice. And maintain a gentle focus on the inflow and outflow of your breath.**



**[10 seconds]**

**Noticing how relaxed your body is feeling right now. Noticing how calm your mind is becoming.**

**Feeling that connection – your heart, your hand, your head, the gentle breaths.**

**[10 seconds]**

**Just shift your hands, to holding one hand on your heart and other hand on lower stomach.**

**[5 seconds]**

**Focus on the space between the hand on heart and the hand on the lower stomach.**

**[5 seconds]**

**Feeling that rise and fall of breath under your hands. Like a rocking motion. Feel the warmth of your hands, the beating of your heart, the rise and fall of the body.**

**[5 seconds]**

**Just focusing on the space between your hands. Feeling that connection with yourself. Feeling that warmth, feeling that connection, feeling the breath – the inhales and the exhales. And bringing that affirmations back in here to support the journey of rest and deep sleep.**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**One more time. “With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**[5 seconds]**

**You can feel your mind feeling so relaxed. Thoughts loosening their grip on you, as if you are drifting off into a deep, deep sleep.**

**Deepening and releasing, letting go, letting go, allowing yourself to be supported as you enter this deep space. Feeling that connection, just**

**taking that awareness between the two hands and the gentle flow of breath – the rise and fall of the breath.**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**One more time. “With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**[5 seconds]**

**Free your hands and let them go wherever it feels comfortable for you. Just focusing on the gentle flow of the breath – the rise and fall of the breath.**

**[5 seconds]**

**As you drift off into sleep, you imagine yourself staring at a night sky. Noticing the stars, the moon, and clear cloudless sky. Feeling the air on your skin. Noticing if there are any night sounds of animals, or trees, or winds blowing, or the rustling of the leaves. Can you smell the sweetness of the air?**

**[5 seconds]**

**Resting and going deeper and deeper into sleep.**

**Noticing the glow of the moon, the glow of the stars, notice their brightness. Notice how the clouds change shape and form in front of the moon.**

**[5 seconds]**

**A cloudless sky, the moon and stars, and their bright glow showering upon you. The light of the moon and stars is healing you, it is relaxing your body, it is soothing your mind. And you feel a sense of relaxation dawn upon you. It's so peaceful, so calming. It is time to sleep.**

**[5 seconds]**

**The moon glows, and stars glow too, sending their healing energy to you. Feel the healing light relaxing your entire body. Feel a sense of calm and peace engulf you completely.**

**And you say these affirmations:**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**“With every in-breath, I become more and more relaxed. With every out-breath, I become more and more peaceful.”**

**[5 seconds]**

**So relaxed, so peaceful. You realise that your true nature is that of peace. When the mind is calm, the thoughts slow down, and when the thoughts slow down, it is so easy and so natural to fall asleep.**

**[5 seconds]**

**You are in a state of complete relaxation. Peace and relaxation. Peace and relaxation. Peace and relaxation. On the doorstep of peace, you say these affirmations.**

**“It’s so easy and natural for me to fall asleep. My body and mind are at complete rest. I drift into deeper and deeper levels of sleep.”**

“It’s so easy and natural for me to fall asleep. My body and mind are at complete rest. I drift into deeper and deeper levels of sleep.”

“It’s so easy and natural for me to fall asleep. My body and mind are at complete rest. I drift into deeper and deeper levels of sleep.”

**And off you sleep. A deep, deep, peaceful state of sleep. Good Night!**

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## **7. Dreamy, Sleepy World – 45 minutes**

**Before we embark on a new journey today, make sure you are all set for a sound sleep. Lie down and adjust into your favourite sleep posture. Loosen up your body. Feel each muscle, each joint, each part of your body getting relaxed.**

**To begin, we are going to do a body scan, so each time I name a different part of your body, just bring your attention here. Notice whatever sensation is in each part of your body. Start with your mouth, sense your mouth, roof of your mouth, floor of your mouth. Inside of your left cheek, the inside of your right cheek. Tongue, jaw, lips, nose, left nostril, right nostril, both nostrils at the same time. Eyes, left eye, right eye, both eyes at the same time. Forehead, back of your neck, left side of your neck, right side of your neck. Bring your attention down your left arm, focus on your left thumb , left index finger, middle finger, ring finger , little finger. Palm of your left hand, top of your left hand, wrist, elbow, shoulder. Sense down your right arm, thumb, right index finger, middle finger, ring finger, little finger. Palm of your right hand, top of your right hand, wrist, elbow, shoulder.**

**Sense of your chest, the sides of your chest, sides of your rib cage, left and right of your back. Lower back, sides of your waist, left and right. Belly, left hip, thigh, left knee, foreleg, left ankle left sole of your foot, toes, big toes, second toe , third, fourth, fifth. Right hip, thigh, left knee, foreleg, ankle , sole of your right foot, toes, big toes, second toe , third, fourth and fifth. Both feet and both legs at the same time. then feel your whole body. Your whole body's sensation.**



**[5 seconds]**

**And you can notice that your entire body is feeling so relaxed.**

**[5 seconds]**

**Now gently bring your focus to the flow of your breath. Notice inhales. Notice the exhales.**

**[20 seconds]**

**Notice your chest rise and fall each time you breathe in and out. Tell your mind it's okay to breath easily, to relax your muscles. you can close your eyes now if you haven't already. On each silent and easier breath, feel the top of your arms descending. Feel the muscle of the chest loosen. You can feel a wave of heaviness slowly descending down your arms, down to the crease of your elbow, down to your forearms, and onto your wrist, the palms, and now your fingers tips. With each breath you find yourself into a much more restful state. Silently calming every emotions, every feelings.**

**You find yourself entering into a trance as your body releases all stress, all anxiety. You can find progressive relaxation as we move from one body part to the other.**

**Now the muscles in your neck slowly stretch, as your head sinks deeply. Each moment a new piece of relaxation can be felt, allowing your mind and body to be still, silent and free in very positive sensations. Another slow and gentle wave of relaxed sensations begins at your chest. Pause for a breath. Breathe in. Breathe Out. Now it gently moves down to your abdomen, moving down to your hips and now your thighs.**

**Ease and relaxation. Ease and relaxation.**

**[5 seconds]**

**Now you can feel the loosening of your back muscles into the perfect position to rest. The wave continues down to your knees, now behind your knees. to your calf muscles and ankles, unlocking your feet into leaning down further sinking heavily.**

**Ease and relaxation.**

**[5 seconds]**

**You are completely relaxed. Feel your body sinking further becoming heavier with each moment.**

**[5 seconds]**

**You can feel your body becoming heavier and sinking into your warm and cosy bed. this sending more fill pool of the mattress beneath you.. and that you descend more a portal opens. You enter the portal willingly, and you find yourself in a new world – the world of dreams.**

**[5 seconds]**

**The scene is set in a vast desert. The Sun has set. You're walking across the glowing sand of this magnificent desert. The sky has ribbons of purple and red and orange. Pause for a breath. Breathe in. Breathe Out. And the coolness begins to settle in a very dry air. And all those reprieve from the sun has lower the temperature. Pause for a breath. Breathe in. Breathe Out. You feel how the breeze is warmer in the still air. And the winds surround you like a blanket. You feel the mental touch as sand run along your exposed toes and legs like a gentle massage. Pause for a breath. Breathe in. Breathe Out. You feel a welcome solitude, a place to just breathe and relax. You just stand and look at the vast expanse. Pause for a breath. Breathe in. Breathe Out. Focusing on the present moment, you take a deep breath in... and release the breath into the openness around you. Another deep breath in... and release.**

**[5 seconds]**

**You decide to move forward. You walk and walk and walk.**

**[5 seconds]**

**After a while, you notice the lights glow against the dark back drop of the desert hills. You realise that you are not far from home. The air is so dry with the smell of sand and Earth and a subtle sweet fragrance of Arabian jasmine. The light has healing effect on you and you can feel it.**

**[5 seconds]**

**You continue to walk one step at a time feeling free and unstoppable as if gliding a grass a golden sand below. And your body just feels so refreshed and clean as if you have just taken a refreshing shower. You pass by a row of desert shrubs. And you continue to walk.**

**[5 seconds]**

**You realise that it is getting darker. The expansive black-blue sky above is glittering with stars. You feel so rich and blessed. You are now getting close to the luminous light. And you continue to walk.**

**A deep inhale... and release. Another deep inhale... and release.**

**[5 seconds]**

**You can now see the Desert palace. In the world of dreams you know that this Desert Palace is your home. Deep in your heart you know this place so closely.**

**[5 seconds]**

**Feeling so tired and ready to unwind, you decide to enter the beautiful white entrance. You enter and a sense of peace engulf you. You remove your footwear and step on the cool white marble floors. Everything is so clean and comforting. Each step grounding you into this very moment.**

**Be here. Be in the now. A deep inhale... and release.**

**Another deep inhale... and release.**

**[5 seconds]**

**And you begin to wander the open space. One room leading to another. Everything feels so rich and opulent. All these rooms belong to you. You can decorate everything in your own taste and style. You can take your time let your imagination do the work.**

**[5 seconds]**

**You take a walk and wander around. You find a place with beautiful flowers that surround and enclose swimming pool. And in this twinkling pool the series of hypnotic lights illuminate the waterfalls like cascades down into the larger body of water. You dip your toes in water. You feel so grateful for the luxurious beauty that is all yours to enjoy. Feeling content. And also tired and sleepy. A deep inhale... and release. Another deep inhale... and release.**

**[5 seconds]**

**You decide to move forward and head towards the large turquoise and white hall way that lead you to a room for you to unwind and relax.**

**As you enter the room you see lights creating rainbows of colours on the White floors and walls. You pause to absorb the beauty of the lightings. A deep inhale... and release. Another deep inhale... and release.**

**[5 seconds]**

**You notice that the candles are lit inside glass, causing shadows to flicker on the wall. Long curtains are hung over windows. You open the windows, letting in the cool desert night air. Along a window is a velvet lounge in your favourite colour. It feels so inviting. A deep inhale... and release. Another deep inhale... and release.**

**[5 seconds]**

**Your feet and legs so tired from little warm journey and alongside the lounge is a mirror table reflecting all the beautiful colours in the room. And it holds your favourite cool beverage. Sitting down on a comfortable sofa, you take a sip of this elixir. And as you enjoy the drink, you feel your eyelids getting heavy. Your eyes feel so tired and you feel this may be ideal time for a nap. Lying down on soft and comfy sofa, you decide to rest.**

**As you lay down on the sofa to rest, you gently become aware of your breathing. Noticing the inhales and the exhales.**

**[10 seconds]**

**With your next deep breath, bring relaxation into your body and as you exhale release any stress that you are holding onto. Allow your muscles to release any tension, starting with your head. Allow your inner monologue to calm. Any negative thoughts let them float away. As you take a deep breath and fill your body with relaxation.**

**Moving down to your neck, a place we don't often focus on, but holds a lots of pressure. Release this pressure. Focus on your neck, and release any pressure. Following down to your shoulders and your back, these areas are often tensed throughout the day.**

**[5 seconds]**

**Take a deep breath and focus on these areas. And as you exhale, imagine that the tension is lifting away from your body. Any tension is lifting away. Through to your arms, your fingers, allow the relaxation to flow through them.**

**[5 seconds]**

**Flowing from your arms through your chest. Notice the raise and fall in your chest and stomach , as you bring into your body, a calming flow of relaxation and release any stress within you. Bringing in relaxation and releasing any stress. Down through your hips, to your legs. Your legs carry you through the day. Allow them to take this time, be comfortable and calm. Allow yourself to let these muscle to release tensions.**

**[5 seconds]**

**You can feel your whole body completely relaxed at peace. You feel as if a part of you is already asleep and a small part is still listening to this meditation. Let me tell you the part of you that is listening is your subconscious mind. You are free to sleep completely. To let you sleep completely and peacefully, I am going to count backwards from 20 to 1. And with each number, you feel yourself entering deeper and deeper levels of sleep. So starting with**

**20 Relaxed and peaceful**



**19 Almost asleep**

**19 Feeling a burden lifting off**

**18 and into a world of dreams**

**17 without any worry**

**16 so relaxed**

**15 gently drifting away**

**16 sleep is at the doorstep**

**15 and you feel yourself into the sleep world**

**14 everything is so pleasant**

**13 so blissful**

**12 relaxed and calm**

**11 you now know peace**

**And now 10 ....drifting down**

**9 falling deeper**

**8 so ready**

**7 call and relaxed**

**6 eyelid in body so very very heavy**

**5 easy and tranquil**

**4 very much at peace**

**3 at the doorstep of sleep**

**2 already asleep**

**1 finding bliss, finding peace, finding sleep..good night....**

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## **8. Sleep without Worries – 45 minutes**

**Welcome to this session of guided meditation. We are going to use some visualisation techniques to help you sleep with ease tonight. Beginning this practice in a comfortable lying down position. Adjusting your body to you feel completely supported. Taking a few moments to arrive in this point of comfort for your body and mind.**

**[5 seconds]**

**Letting go into the surface where your body is resting upon. Chin slightly below the level of your forehead, arms away from your body. And palms turned upwards. Bring your attention to your senses, by allowing each perception come to you. Senses wide open and receptive to sense.**

**[5 seconds]**

**The touch of air on your skin. Sensations where your body touches the surface they are providing the support. Sensations with in and through out the body. They are calling your attention. Welcoming the vibrant aliveness of the body , just as it is. Now allow my words to your words. As you rotate attention through out your body. Sensing your jaw, lips, teeth, gums, mic, floor of the mic, ceilings, inner walls , left and right, tongue, back at the throat, the entire jaw ,and throat as sensation.**

**[5 seconds]**

**Give up being involved with thinking. Instead welcoming sensations just as they are.**

**[5 seconds]**

**Sensation of the left ear, right ear, both ears at the same time as sensation.**

**Let nostril, right nostril sensation of both nostrils. Left eyes , eyebrow, temple, cheek bone, entire left eye as sensation. Right eye, eyebrow, temple, cheek bone, the entire right eyes has sensation. Both eyes at the same time, as radiant sensation.**

**[5 seconds]**

**Without analyzing just simply sensing your way forehead, crown, back of the head, neck sensation along the inner walls of the throat. Left shoulder, left upper arm, the elbow, the forearm, the wrist ,the palm and the fingers, the entire left arm has radiant sensation. rightshoulder, right upper arm, the elbow, the forearm, the wrist ,the palm and the fingers, the entire right arm has radiant sensation.**

**Letting go of the thinking mind thoughts drifting away like helium ballons.Sailing away into the sky.**

**[5 seconds]**

**Welcoming both arms at the same time as the radiant sensation.  
Sensing the upper chest and back, the mid chest and back, the belly  
and the lower back , the ceiling and floor of the pelvis.**

**[5 seconds]**

**Letting go of the thinking the entire torso alive as a flid of radiant,  
vibrant sensation.**

**[5 seconds]**

**Sensing the left hip ,thigh, knee, shin and calf , the ankle , foot and toes  
the entire left leg has vibrant sensation.**

**[5 seconds]**

**Sensing the right hip, your thigh, knee, shin and calf , the ankle , the  
foot and toes, the entire right leg has sensation. Welcoming both legs, of**

**the same time as the vibrant sensation. Sensing the front of the body, the back of the body, the entire left side, entire right side, sensation deep inside the body. Sensation on the surface of the body. Welcoming the entire body as vibrant sensation. Radiating in all directions inwardly and outwardly.**

**[5 seconds]**

**Welcoming your experience just as it is. And feelings of being secure and at ease. Be aware of the body breathing itself.**

**[5 seconds]**

**Flows of energy as breath flows in and out of the body. Chest and belly gently arising and releasing with each breath. Welcoming sensation throughout the entire left side of the body from head to toes, front and back, deep inside an surface sensation.**

**[5 seconds]**

**Welcoming sensation throughout the entire right side of the body from head to toe, front and back, deep inside an surface sensation. As soft and a ease taking your time. Letting go of thinking, the entire body. Welcome flows of energy coming and going throughout the entire body. The entire have rest and at ease. By soft and ease. the entire body heavy , relaxed and at ease. heavy , relaxed and at ease. heavy , relaxed and at ease**



**So I want you to imagine now that you are in nature. I want you to imagine, that you are in forest .on top of the mountain.**

**[5 seconds]**

**Notice how fresh the air is. And as you walk along the edges of this forest, you are pretty high.**

**[5 seconds]**

**The view of the sun setting of the twilight sky revealing itself to you absolutely breath-taking. As you see the first star twinkles and appears, greeting you guiding you.**

**[5 seconds]**

**And you notice that the colours of the sky, blush and purple and orange, blending into a deep magenta. As the shades get darker. Then as you follow this path, you see that there is been a place prepared for you. Just sleep in nature. You see this beautiful bed on the ground. And it's like a cocoon. As you walk towards it, it's been prepared just for you. Slip into this sleepy bed and zip it up. And it's a bed of soft velvety grass.**

**And you lay contained in this space surrounded by the night sky, the trees and the earth beneath you.**

**As you lay here, I want you to imagine that you are lying on the ground. And you feel this connection to the earth. Just sleep in nature shows us that we belong to this earth. Pause for a breath. Breathe in. Breathe Out. I want you to feel this entire back of your body, starting from the back of your skull, resting on the earth heavy, grounded.**

**[5 seconds]**

**You follow it down heavier neck to the backs of your shoulders. Your spine, all the way down to your lower back.**

**[5 seconds]**

**Your hips, the backs of your legs, your feet, and this feeling that the earth is giving you its essence of belonging.**

**[5 seconds]**

**I want you to feel, this feeling of belonging. Holding the back your body. Notice its touching your skin. Feel it holding and supporting your bones.**

**[5 seconds]**

**You belong on this earth in nature. Let the back of your body, completely rest like its being kissed by the ground. Lovingly hugged. Breathing in the sense of gratitude of gravity, for holding you, for keeping you on this ground. And as you breathe in, start to become aware of the inside of your body. And that nature all around you is revealing of feeling of its beauty. As you sense its inner beauty open.**

**[5 seconds]**

**Starting with your heart, and just like a flower. For fun Infilling then you imagine, your heart opening into beauty and sense this feeling of beauty explore through the inside of yourself.**

**[5 seconds]**

**Through all your Muscles softening, all your tissues, all your fibers. Let beauty travel, up past your neck , all over your face softening the skin around your lips, around your eyes. Pause for a breath. Breathe in. Breathe Out. Rest your forehead to the top of your head. And inside, deep inside your belly, its feeling of beauty.**

**[5 seconds]**

**Inner beauty comes from your own unique creation, that every living thing and every living creature on this planet has its own original beauty vibration. And sense this energy now travelling down your legs to your knees, and down the shins of your legs, to the insides of your feet's. beauty, allow the cells of your body to revealed you this feeling of beauty and life really is beautiful. Life is beautiful and you are beautiful.**

**As you breathe every breath, as a gift from the air, from the oxygen of you. Can you sense the night sky offering you, its air, from every breath. Starts to feel like its energy of grace, its descending upon your body and its kissing that tops of your knees.**

**[5 seconds]**

**Travelling up the top of your belly, your torso softening the chest, the neck and space all around your body, and your spirit filled with grace, sensing this energy, making you relax even deeper into the earth. Pause for a breath. Breathe in. Breathe Out. As you feel the belonging, the beauty and the grace.**

**[5 seconds]**

**Moving all around you to sleep in nature is to sleep in these qualities. And that these feel states, are your natural states. They are your**

**natural fabric. To rest in grace, is to rest in the sacred.**

**[5 seconds]**

**And continue to breathe deeply, letting this energy start to dissolve your body in a way that becoming lighter. I want you to feel like you can almost blow the boundaries between you and this earth. Pause for a breath. Breathe in. Breathe Out. That you can sense that you are one with the nature around you.**

**Start to feel into your invisible body. And let your physical body dissolve now. Let it melt away, perhaps it's even returning to earth to dirt, to dust, to ashes, can you sense this. Transformation taking place. As we begin to shift into our dream state. Pause for a breath. Breathe in. Breathe Out. Where our soul wants to take us into our infinite nature. Just sleep in nature is to explore all parts of us. Feel our body and mind let go now .as we dissolves parts of us, we can let go of and release your identity.**

**[5 seconds]**

**Your personality, your job, your occupation, all the duties, your likes, and dislikes, and preferences. you can all go now. Pause for a breath. Breathe in. Breathe Out. And your habits, your old habits, your addictions , your opinions , preferences , no of these matters right now. As let our identity dissolves. We start to become nothing and like a**

**light, as lighting us up from above. I want you to feel, the stars from the night sky, start to magnetically hold your soul up towards the cosmos. Letting it float higher and higher. There is nothing holding you back. Release it, let it go all the way up through the atmosphere. Pause for a breath. Breathe in. Breathe Out. As you receive it, giant light of the moon letting towards the edge of the earth. Feel yourself floating so light that you have nobody whatsoever. You can become nothing. As you edge out through the atmosphere you find yourself floating in space in a void in the vastness of unlimited each tunnel, universal, space. Pause for a breath. Breathe in. Breathe Out. There is an intelligence making yourself known to you and unconditional love. This feeling that you are not alone in your sleep.**

**[5 seconds]**

**That you are being carried, and guided and you start to see. See the pattern emerging in the stars. And I like I said you begin to follow it, follow your way to space touching, stars and collecting stars as you go along and sense yourself moving through space. And sense yourself completely expanded.**

**From up here there are no limits. There is no pain. There is no stress. There is nothing to do. There are judgments, no criticisms.**

**[5 seconds]**

**You feel like you, you are whole. You are enough. And slowly now, as you feel yourself blessed as the night sky, rest here in your nature, rest**

**here as the star as you are. Here this returning home , you infinite possibilities and to your own sacred dreams. Sleep now. Sleep. Sleep deeply.**

**[5 seconds]**

**Everything is being taking care of as you sleep. You are being watched over, you are safe and protected. Dissolve even deeper now, into your own grace. Dissolve into soul, dissolve into nothing. Love supports you, love holds you and love is guiding you.**

**You do not exist in the physical form. The concept of time does not work here. You are dissolved in the moment, in the now.**

**And off you drift away into a deep, deep slumber. Good Night!**

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## **9. Dozing off – 45 minutes**

**Welcome to this guided sleep meditation. It must have been a hard day for you. Going through the day isn't always easy. The day is now over. But tomorrow you have to go out into the world again. So, what you need right now is a good night's sleep. Enjoy this simple guided meditation, and you will enter a state of sleep so relaxing that you will be rejuvenated for the day when you will wake up tomorrow morning.**

**Lie down in a comfortable position for sleep. Adjust your body well. Take your time.**

**[5 seconds]**

**We will begin by relaxing your body. Relax and loosen up your body. And as I name a body part, I want you to first tense it and then release it. This will help that body part relax and release any stress it might be holding. So, let's begin.**

**[5 seconds]**

**Think of your toes tense and release your toes as you tell them to relax.**

**[5 seconds]**

**Now let them go.**

**[5 seconds]**

**Then, think of your legs and move your focus to your thighs.**

**[5 seconds]**

**Tense and release your thighs.**

**[5 seconds]**

**Now relax.**

**[5 seconds]**

**Move your thoughts gently to your stomach hold your breath to the count of 3. 1, 2,3. And let it go.**

**[5 seconds]**

**Bring your thought to your chest. Hold your breath to the count of 3. 1, 2, 3 and release now relax.**

**[5 seconds]**

**Think of your arms, now tense and release your arms.**

**[5 seconds]**

**Then relax and let your arms drop to the mattress beneath you.**

**[5 seconds]**

**Next, bring your attention to your hands. Make two fists and relax your hands.**

**[5 seconds]**

**Then, think of your shoulders. Bring your shoulders up to your neck and tense them.**

**[5 seconds]**

**Now relax and let your shoulders drop back to the mattress. Think of your face, tense and release face.**

**[5 seconds]**

**Now think of the top of your head. Tense and release the top of your head.**

**[5 seconds]**

**Now check in with your body, think of your toes are they relaxed.**

**[5 seconds]**

**Your legs; are they relaxed?**

**[5 seconds]**

**Your thighs; are they relaxed?**

**[5 seconds]**

**Your stomach; is it relaxed?**

**[5 seconds]**

**Your chest; is it relaxed? Your arms and shoulders; are they relaxed?**

**[5 seconds]**

**Your hands; are they relaxed?**

**[5 seconds]**

**Your face; is it relaxed?**

**[5 seconds]**

**And the top of your head; is it relaxed?**

**[5 seconds]**

**With one final thought tell your whole body to relax now with your eyes still closed.**

**[5 seconds]**

**Your body relaxed so it feels it is so heavy that it is sinking down into the mattress.**

**[5 seconds]**

**Maintain a gentle focus on your breathing.**

**[30 seconds]**

**Notice how peaceful it is as your breaths flows in and out. To the count of 3 breathe into your nose.**

**[5 seconds]**

**You will note that the air comes through your nostrils it is cool.**

**[5 seconds]**

**Now, pay attention to the air out of your nose.**

**[5 seconds]**

**You will notice that air is warm.**

**[5 seconds]**

**With just one moment simply follow your breath. As you are breathing in and out soften your belly.**

**[5 seconds]**

**Breathe out to the count of 3. Breathe in to the count of 3 and hold your breath in the middle. Then breathe out again with the count of 3, you will do this for 5 minutes.**

**[5 minutes]**

**Finally, I want you to think of the word relax. Then breathe out to the count of 3 and in your mind's eye think the word relax. Then breathe in to the count of 3 and hold your breath. Then continue and breathing out to the count of 3 and then in your mind's eye think the word relax. You will continue this for the next 5 minutes.**

**[5 minutes]**

**So now feel your bones heavy and sinking. And allow them to release any stress or tension they might be holding.**

**[5 seconds]**

**Now allow awareness to travel through your body. Try to feel the sensations in that area as the awareness makes the journey through your body.**



**[5 seconds]**

**Try to remain still but simply notice each part as I name it. Welcome each sensation as it happens. Begin to see your entire body first. Visualise it in your mind's eye.**

**[5 seconds]**

**Now when you hear a body part, I want you to focus on that specific body part each part, beginning with your right foot. Feel your toes.. arch of the foot.. your heel, ankle... now up to the right leg the knee then your whole right leg..... Now the back of the leg to be heavy and sinking... now left toes... arch of the foot..the heel.. the ankle.. the leg and the knee.. Now moving on to the hip..**

**[5 seconds]**

**While doing the body scan, you must try to visualise the body part as it is named and feel any sensations or vibrations in that body part at the same time. You need not be attentive, just be mildly aware of the body scan process. It is to relax your body and calm your mind. So, continuing with the body scan now.**

**Now whole left leg sinking heavy... deep and heavy.. notice your left hand ...the finger tips, the palms.. the forearm.. the upper arm.. The shoulder..**

**[5 seconds]**

**Now the whole left arm.**

**[5 seconds]**

**Feel the sensations on your whole left arm.. back of the arm.. feel your arm sinking.. feel it releasing any pent up stress or tension.**

**[5 seconds]**

**While doing the body scan, you must try to visualise the body part as it is named and feel any sensations or vibrations in that body part at the same time. You need not be attentive, just be mildly aware of the body scan process. It is to relax your body and calm your mind.**

**[5 seconds]**

**So, continuing with the body scan now.**

**The right hand finger tips. Palm.. wrist.. arm.. elbow.. upper arm.. now whole right arm.. sinking releasing. Both the arms.**

**[5 seconds]**

**Noticing sensation pouring your awareness a longer whole side of the body..... and pouring your awareness with the whole left side of the body pouring your awareness of the whole back side of the body and pouring awareness just above the body.**

**[5 seconds]**

**Noticing the spine. Notice each vertebra of the spine.**

**[5 seconds]**

**Be very gentle and slow during this body scan. No need to hurry. Be slow and relaxed. Slow and relaxed. Slow and relaxed. Now your face. Lips and nose.**

**[5 seconds]**

**The center of the brow. The space just above the forehead. The space just above the crown of the head.. see if you can notice any sensation or vibration or awareness just above the crown of the head...**

**[5 seconds]**

**Now I want you to become aware of the sensation of the body as a whole. The space just around the body.. above, below, to the sides.**

**[5 seconds]**

**You begin to notice the breath. Recognising that energy that travels through you the breath.**

**[5 seconds]**

**Now allow the breath to be natural as a force.**

**[5 seconds]**

**You can notice to the end breath fills up the lungs fresh waves of energy... and notice where you can release out breath that might not serve you.**

**[5 seconds]**

**Each time you inhale you fill up what serves you and with each exhalation you let go of anything that don't serve you.**

**[5 seconds]**

**You can simply let the breath become like a wave along the surface of the ocean. Forming, growing, filling up, and then simply letting go.**

**[5 seconds]**

**On the other side each inhale when its total serenity.. each exhale washes away any fears any attachments.**

**[5 seconds]**

**Continue to follow that wave of the breath for next few movements.. each inhale filling.. each exhale washing away...inhalation.. Exhalation...**

**[10 seconds]**

**Allow the natural follow of your breath of natural ocean wave like movement of the breath to continue.**

**[5 seconds]**

**Now allow a part of your core self to bring your attention towards your heart center.**

**[10 seconds]**

Let's begin with the visualization part of this meditation for sleep. Imagine you are walking along a small path through a forest.

**[5 seconds]**

**Above you there is a canopy of trees.**

**[5 seconds]**

**And there are streams of sunlight pouring through the patches of the leaves.**

**[5 seconds]**

**The leaves are bright green in colour.**

**[5 seconds]**

**The sunlight is warm yellow. As you make your way along the path there are birds making sounds all around you butterflies and another insects along the way.**

**[5 seconds]**

**Leaves gently brush you as you rock past. Near flowers different colors along the edges of the path.**

**[5 seconds]**

**You begin to reach a clearing where light streams into your view from the sunshine above. Those tiny animal sounds now begin to fade a bit.**

**[5 seconds]**

**There is a vast expanse of wild flowers.**

**[5 seconds]**

**You can smell the various scents from the flowers all around you.**

**And you can feel the brushing of the wind. Cool breeze against your skin.**

**[5 seconds]**

**And you can also feel the sunshine around the sun up above. Allowing that cool breeze come up against the skin. Nobody can see that sensations.**

**See if you can feel about here. Now see if you can also all the sunshine warmth.**

**[5 seconds]**



**The golden sunlight wrapping around the body. And see if can feel both the sensations.**

**[5 seconds]**

**As you continue on your walk you notice a butterfly gracefully dances and clouds pass over head.**

**[5 seconds]**

**You can continue to feel that breeze wrapping around your body refreshing and as the sunlight hits the skin perfect and comforting.**

**[5 seconds]**

**You begin to make your way to a small stream up ahead and you sit down by the edge and place your feet into water to feel like whole crispness in the water wrapping around your toes and the feet.. Pause for a breath. Breathe in. Breathe Out.**

**the warm sunshine against the crown of your head, neck whole crisp temperature against the feet....whatever the smells you notice. You**

**bring those to your sense of awareness here. Pause for a breath.  
Breathe in. Breathe Out.**

**For hours the fresh air the smell of grass.. now allow your sensibly  
body here to appreciate the powers of each of the sensations that are  
available here so the temperature is texture against the skin the colors,  
the visuals are able to see, the smells, your room is around you.**

**[5 seconds]**

**Any taste that you might notice ..the sounds the animals, and the  
surroundings..**

**[5 seconds]**

**Feel the totality of that sensory awareness...pause breath that in.. You  
remain in that complete awareness ... shift your mind back to your  
intention..Now repeat your intention to yourself. three times here...**

**[5 seconds]**

**Allow yourself to be guided through your power of sensory perception  
and imaginations .**

**[5 seconds]**

**Allow yourself intention to soak deep into your state of being here.**

**[5 seconds]**

**Allow that deeply held fact to be the truth it is.**

**[5 seconds]**

**Continue to hold that truth within you as you shift your awareness back into that scene of nature that surrounds you.....**

**Beginning to notice that breath.. ...waves of the breath ..... The inhalation..the exhalation.**

**[5 seconds]**

**That awareness noticing. the lungs filling..Emptying... let yourself watching that awareness flow through the body....now hold right leg..Now hold left leg. Now hold left arm... now hold right arm...back of the body..The front of the body... all around the body.... Noticing that there is a particular area of the body speaking to you..now shift**

**your attention there.. let your awareness linger.. for a few movements on that area.**

**[5 seconds]**

**Perhaps there is some kindness you can send into that area of the body.. perhaps you can lend your exhalation release a little bit further in a way any attentions that might continue to linger there... spreading warmth and ease..... when it begins to feel natural use no rush what so ever... allow an area of the body perhaps the fingertip or a toe.. begin to stir.. stir with soft movements to awaken back into that physical awareness of this space around....there is you begin to come back into awareness of the body... notice where those edges touch the earth below... take care to notice the space around you... in each at the sensations as they come back in one at a time... and hold peace in your heart as you begin to deep in your breath.**

**[5 seconds]**

**And now your eyelids are becoming heavy. You can feel your body so relaxed and ready to sleep.**

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## **10. No more Insomnia – 45 minutes**

**The more efforts you make to sleep, the more sleep eludes you. The best way to fall asleep is to fall asleep naturally. But this advice seems easier said than done especially if you are having trouble sleeping soundly for a couple of months or may be years in some cases. This guided meditation is designed to help you heal holistically for a good night's sleep. Practicing this meditation regularly will make sleep come more naturally after a few sessions. Being regular with the practice is a must.**

**Before we begin, I assume you are done with all the chores of the day and are resting in a comfortable position for sleep. Switch off the lights if you already haven't or dim them.**

**Adjust your pillows and blankets for better comfort.**

**[5 seconds]**

**We will start with some breathing exercise.**

**Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**Very nice. Now One more time. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**And again. Inhale through your nose... Hold the breath... and exhale.**

**Continue this breathing exercise for a while.**

**[20 seconds]**

**Now you will breathe in and out on my count. Inhale for the count of three. Hold the breath for a moment. And then exhale for the count of five.**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**So, Inhale... 3... 2... 1... Hold... And release 5... 4... 3... 2... 1...**

**Continue with this deep breathing exercise for a few more rounds.**

**[30 seconds]**

**Now, we will intensify our breathing. Breathe in from your core, from as deep as you can, and release with full energy. Inhale for the count of five. Hold the breath. And then exhale for the count of seven.**

**Beginning now.**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**Very good. Carry on.**



**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**So, Inhale... 5... 4... 3... 2... 1... Hold... And release 7... 6... 5... 4... 3... 2... 1...**

**And relax. Completely Relax.**

**[5 seconds]**

**And you breathe naturally now.**

**[10 seconds]**

**Slow down the pace of your breaths. And with each exhale feel the release of tension from your body. Take a nice breath in, down into your belly and squeezing your shoulders up to your ears... the let your body release any tension. Feeling the energies of your mind, body system settle down and relax.**

**[5 seconds]**

Let's take a few more of those really slow, releasing breaths and now there is no need to go to the next moment or to the next breath, but just really taking your time. Slowing your breath right down. Feel your body relax. Allow your body to soften so that your breath can flow with ease, so that there is softening deep down in the belly. So that when is you inhale, your stomach is filling up like a balloon. Very nice. And now breathing out and releasing any unwanted stress or pain.

**[5 seconds]**

**Now, feel the weight of your body. Feel where your body touches the surface beneath you. Now visualise yourself sleeping in a large, comfortable, and protective nest. Like the nest of a bird, but much bigger and stronger to accommodate and protect you.**

**[5 seconds]**

**Now let the tips of your toes soften and let the weight of your whole body fall into the nest, where you have created and then beyond that physical nest, the invisible and yet very real nest of your own being. Feeling the relief of releasing and letting it all go and unburdening from your personal story. Pause for a breath. Breathe in. Breathe Out.**

**Living in this moment and relaxing just for now and coming to rest. in the very simple wide open and protective space. Feeling safe. Feeling in this moment. We don't have any tall goals, we are just focusing on the current moment. Sleep will come automatically. All we have to do is focus on the moment.**

**[5 seconds]**

**Now taking those deep releasing breaths. Feel your body calming down. Feel your nervous system relaxing. Feel a deep sense of relaxation all over you.**

**[5 seconds]**

**Simply breathe and feel the relaxation in this amazing moment. [5 seconds]**

**And if your mind wanders away, gently bring it back to the present moment. Come back again and again right here right now. Feel your body as if it is breathing on its own breathing.**

**[5 seconds]**

**Now, can you focus on your senses? Your body has become wide open to every sound around you? What do you listen?**

**[5 seconds]**

**And whatever you hear, do not judge or label the sound. Just listen, acknowledge and let it go. No need to name or think about the sound. If your mind wanders, bring it back to your breath.**

**[5 seconds]**

**Be in the here. Be in the now.**

**[10 seconds]**

**Bringing the awareness back to the body and beginning the body scan from head to toes and noticing any areas that are being held and the noticing their softening. Your tongue resting in the mouth, and your lower jaw surrendering to that gravitational pull. Focusing on the root of the tongue. Releasing and letting go. Now your throat settling down. And you know that all of this happening all by itself.. Your eyes rest back. And the whole area around and behind eyes , softening. Temples, eyebrow, space between eyebrows. Softening open. The sensation behind eyes. Give that sensation some time and feel the sensation in the space to unfold. Feel the sensation behind the eyes expanding in all the directions.**

**[5 seconds]**

**Now your brain releasing its weight. And resting as a wide open awareness. Even as body rests so very deeply. You remain. Even as body sleeps.**

**[5 seconds]**

**Just being here.**

**[5 seconds]**

**Back of the head. Base of the skull. Back of the neck. Feeling the pure sensation.**

**Just being. Allowing everything to be just like this.**

**[5 seconds]**

**Feeling right hand. And while you feel, dropping the image in the memory and meeting that experience directly.**

**[5 seconds]**

**Right hand. Back of right hand. Palm of right Hand. Feel. Let everything come to you. In its own time. Don't hurry.**

**[5 seconds]**

**Not looking for anything in particular. Not recreating a past experience but the current sensation. Moving on. Right palm. Thumb, second finger, third, fourth, little finger. Resting open. Rest forearm above. Upper arm. Feeling it. Shoulder. Right side of your back. Right side of your chest. Waist. Hip. Thigh. Knee. AN back of knee. Your calves. Ankles. And heels. Now feeling the sole of right foot.**

**[5 seconds]**

**The whole right side of body. Softening. Just being. Taking a moment now to acknowledge the presence of awareness. Conscious and aware. Without even trying. Feeling. Not trying.**

**[30 seconds]**

**Remembering that the deeper aspect of ourselves can never be lost.**

**[5 seconds]**

**Externally aware, timeless, space-less presence. Right here right now.**

**[5 seconds]**

**And now welcoming the direct experience of the left hand. Not the image not the idea but the current sensation.**

**[5 seconds]**

**Left hand back of left hand. Palm of left hand. Very nice. Giving that sensation no judgment. Thumb. And second finger, third, fourth finger,**

**and little finger. Feeling. Resting open. Rest forearm. Upper arm. Shoulder. Left side of your back. Left side of your chest. Feeling and not judging. Waist. Hip. Thigh. Knee. Now back of knee. Calf muscles. Now ankle, heel. Sole of left foot. The whole left side of body.**

**[5 seconds]**

**Softening just little more. Let this body empty out of all this being held. Experience all of humanness directly. Without trying to fix. Just feeling. Without trying to manage. Without any judgment. Let's not judge.**

**[30 seconds]**

**Let yourself drop. Perhaps just a little deeper into a space where there is no judgment. No judgement. No story. There is no before. There is no after. There is just this moment. Here and now. Here and Now.**

**[5 seconds]**

**Wide open wide awake. Present. Aware. Conscious. Even as mind and body sleep.. And even if mind and body are restless that space remains undisturbed, and untouched.**

**[5 seconds]**



**No effort is required to be what you already are. Effortlessly and truthfully. No effort required. It is even more simple then you think. Just be. Do not think. Not one thought is needed.**

**[5 seconds]**

**And again, I want you to let yourself drop. Just a little deeper into a space where there is no judgment. No judgement. No story. There is no before. There is no after. There is just this moment. Here and now. Here and Now.**

**[5 seconds]**

**Wide open wide awake. Present. Aware. Conscious. Even as mind and body sleep.. And even if mind and body are restless that space remains undisturbed, and untouched.**

**[5 seconds]**

**Be in the moment. Here and Now.**

**Just think you are aware. Your awareness is. So you are present. Be in the moment. Here and Now.**

**[5 seconds]**

**Wide open to all that it is with no agenda. And it is here that we find an acceptance. Be in the moment. Here and Now.**

**[5 seconds]**

**All that to do what right for all. True acceptance lies here. A new ground of being and acceptance. Be in the moment. Here and Now.**

**[5 seconds]**

**And the mind can never understand. Let your body be in the warm bath of acceptance. Where all is welcome. Whatever aspect of yourself of your humanness is completely welcomed. Be in the moment. Here and Now.**

**[5 seconds]**

**Where there is a forgiveness. And forgiveness that arises.**

**Be in the moment. Here and Now.**

**[5 seconds]**

**Feel the weight of your body and feel where your body meets the surface that it's resting on. Just the immediate sensation. And feel the aliveness of this body functioning all be so. Blood circulating and breath moving.**

**Be in the moment. Here and Now.**

**[5 seconds]**

**And sound coming and going. Sensations arising and dissolving. Be in the moment. Here and Now.**

**[5 seconds]**

**It will all pass This too. This too will pass. Be in the moment. Here and Now.**

**[5 seconds]**

**But there is something that will never pass, that can never leave you.  
The knowing of your own being. Spending these remaining moments  
knowing yourself as that. Immerse yourself.**

**[5 seconds]**

**Not just a nice idea not just a concept. Not just word but right now  
knowing yourself is this wide open presence intimately earned.**

**Be in the moment. Here and Now.**

**[5 seconds]**

**With every moment in this so undivided.. And. Let's breathe .. Let's  
take a few really nourishing really deep relaxing breaths. And let that  
breaths flow with ease really low into your belly. And quietly into your  
chest. Give the exhalation away.. And move on. Be in the moment. Here  
and Now.**

**[5 seconds]**

**This peaceful presence .. Right at the heart of each moment. Slowing  
your breath right down feeling air free drops twinkling in it welcome**

**your breaths you lies. Be in the moment. Here and Now. Pause for a breath. Breathe in. Breathe Out.**

**[5 seconds]**

**As you inhale. Something that you really really want. And then a softening perhaps a little more as you exhale into. Pause for a breath. Breathe in. Breathe Out.**

**That ground of being that remains unchanged, receiving that breath generously where the wildness just let it all go in the exhalation. Be in the moment. Here and Now.**

**[5 seconds]**

**And to spend these remaining moments in the tenderness of just being. And that means everything. Be in the moment. Here and Now.**

**[5 seconds]**

**You may not have noticed but a part of you is already asleep. It is your subconscious mind that is listening to this meditation. So just be in the beautiful space, this wonderful presence of natural sleep.**

**[5 seconds]**

**With each breath, you are going deeper and deeper into sleep. Deeper and deeper. Deeper and deeper levels of sleep. So deep. So relaxing. Your mind is already asleep. Your body is already asleep. You are already asleep. And with each breath you enter deeper and deeper levels of sleep. Deeper and deeper. Deeper and deeper levels of sleep.**

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## **11. Drifting off to Dreamland – 60 minutes**

**Welcome to this guided meditation for sleep. I will be taking you on a journey – a journey that will lead to a relaxed, deep, and peaceful sleep.**

**Make sure the lights and temperature in your bedroom at your comfort levels. Keep away or switch off any electronic distractions. Get yourself comfortable for lying down. Be free to cover yourself to the blanket or towel. You could be lying on a blanket or mat and extend your legs and your arms. Let the arms fall by your hips.**

**Take a nice deep breathe in... and exhale away by relaxing your shoulders down your back. Release any tension and in the lower back. Your arms and back are heavy. Slow your breath in this very moment. Take another deep breath in and release, let it out.**

**[5seconds]**

**Now I want you feel your body and space. Place yourself mindfully. Picture yourself in that place. Notice the details of the environment, the room you are in, anything that stands out to you.**

**[5 seconds]**



**Relax. Bring all your awareness to chest or your upper body. This is the place of love or compassion and a place of kindness. And release any tension or stress that you may be carrying in this area as you drop your shoulders. Begin to notice your breath, invite the breath in and welcoming out. Notice your breath from the inhale, the belly expands, when you exhale the belly deflates and draws in.**

**[5 seconds]**

**Now as I move through certain parts of the body you can repeat the body parts to yourself. Staying alert but relax. And as we begin bring on your awareness to the top of your head. Your hair, your crown, relax the top of your head. Softening the skin across the crown. Relax and soften your eyebrows. Relax your temples, the sides of your head. The entire face relaxes, the muscles are relaxed and smooth. As your bring awareness to your eyes, allow your eyes to be heavy .sink down and back. Relax and getting deeper skin in your face. Relax your ears, as you relax the nostrils , notice on the breath in , the breath is cool. Notice as you exhale, the breath out is warm. Notice how the breath is full, relax the upper lips and lower lip. Allow your tongue to rest to bottom of the mouth, without pressing the tongue to the roof of the mouth. Relax the jaw, may be open and close your mouth if you have any tension in your jaw. Sometimes you are not aware that we carry tensions in the jaw and the neck. Soothing out the muscle in the back of the head .now absorb your shoulders, notice your right shoulder and your left shoulder, let go nay tension. Notice your arms and elbows.**

**[5 seconds]**

**The right hand, the back of the hand. Right thumb, index finger, third finger, fourth finger, fifth finger. The entire arm, elbow, lower arm, shoulder, wrist, relax. Feel so relaxed. Bring awareness to the left shoulder, relax the shoulder, lower arm and wrist, awareness to the left shoulder, relaxing the left shoulder up to the arm, forearm, to the wrist, relax the thumb, index finger, third finger, fourth finger, fifth finger. The entire arm, elbow, lower arm, shoulder, wrist, relax. Keep your awareness on a part till it relaxes and then move your awareness gently to the next part. Notice the belly rise with each deep inhalation and feel the belly lower with each deep exhalation.**

**[5 seconds]**

**Relax your rib cage, soften your belly. Allow these muscle to soften and relax.**

**[5 seconds]**

**Notice that as you inhale the chest rises and expands. Relax your hips, bring your attention to your right hip, left hip, and allow it to relax. Keep your awareness on a part till it relaxes and then move your awareness gently to the next part. Bring your attention to your foot, the right heel, the top of the foot, bottom of the foot, toes. Relax the hip, ankle .now bring your awareness to the left side of your body. Bring your attention to your foot, to your heel, the top of the foot, bottom of the foot, the toes. Relax the hip, ankle , thigh, shin. Feeling so relaxed. Keep your awareness on a part till it relaxes and then move your awareness gently to the next part. Feeling your entire body cavity and relax and bringing to mind that feeling of heaviness as if you have a invaded blanket in your body. This feeling of heaviness, your body is**

**filled with. Feel the sensation of lightness in body. This feeling of lightness throughout the entire body.**

**[5 seconds]**

**Stay in this feeling of relaxation for a while.**

**[5 seconds]**

**Now, we will embark on our journey of sleep. I want you to imagine yourself standing in the middle of a forest. Imagine now that you are watching a thunder storm under the cover of pitched tent at the end of the forest. It is summer time it's warm and quite light. It's dusk. And you feel so peaceful deep within. All the birds are now quietly settling down in their nest and skies is over cast with a plum grey heavenly clouds. The tent is large enough for all your needs.**

**I would like you to feel safe as you nurture yourself deeply in the atmosphere of comfort. The scent of some food fills the air from the gas lit cooker you can see the steam rising gently. You can sense how strong the aroma there is when it reaches your nostrils. You watch as your favourite food reaches perfection.....taking a sip of refreshingly cool water as liquid flows down. It's dusk. And you feel so peaceful deep within. Your are relaxed by a wave of relief that follows. Gazing into the very slow burning camp fire not very far away.. Only two logs remain now. The smoke from the fire drifts upwards towards the almost similar grey of the heavenly clouds. And it feels so good. Your shoulders on the top of your arms descend. Which encourages the rest**

of your body to feel relaxed. And it feels so good. Everything here is at too much slower pace.. And your thoughts more manageable.. You have time to think to ponder other things with clearness or just enjoy this fairy com experience. The wind picks up ever so slightly where you see the branches of the green forest wave that in a subtle breeze. And it feels so good. The tall trees swing to the rhythm of the wind all the while calm at the same time.

Seeing that your meal is ready you turned of your cooker and plate up your fate.. Now eating a most delicious and tasty snack.. You notice a tear slowly woke out from the fringe of the forest it's magnificent. It's posture very Royal ... The deer leans down and craziest slowing on the long grass .. It feel safe and shows the fact by not looking around. You Can see the deer calmly eating it's mouth moving in a circular motion .. As the deer decides enough to eat it's raises his head and looks you in the eyes... You feel it is reassurance... turning slowly around the deer heads back under the cover of the forest. And it feels so good. Mesmerized you watch it disappeared from outside its a sign for you. That it is ok to relax. You feel so peaceful now. The sky now very dark.. With the air a little cooler.. Finishing your meal you walks up your pots and pants .. Placing your kitchenware aside you take a sip of your cool water and observe the slow moving heavenly clouds... Everything seems much much slower. ..

Lightening streaks across the darken sky in a side ways directions. And it feels so good. With an aura that can be seen, within the heavenly clouds ... Let's the storm gets closer , the wind fades. And the only silence can be heard.

[30 seconds]

**You feel entirely grounded in this moment.. Taking another sip of your drink you watch this storm.. The ground vibrates as thunder cracks in thoughts through the air. you are now feeling the moment even though you are safely dry on the authentic owning. You catch the sense of the rain drops on your body you are now feeling the moment by being present.**

**As the rain continue to become heavier, it feels like you are being cleansed into a very relaxed state. Not only in body but also in mind... every muscle relaxing immensely. as you releasing a let go of any tension.. and moving into a very, very peaceful state... And it feels so good. As your concerns are washed away with the soothing sound of the rain .. your mind becomes clear with relief .. you now realize that there is no need to think. You can just be in this moment...relaxation comes in a form of your own stillness inside and out. It feels so relaxing. Steam begins to raise as they are cooled by the drops of the rain which sizzle and evaporate. Al most immediately on impact .scent of earthy smells linger calmly in the freash air .. looseing of shoulder or chest further.**

**As the rains becomes a little heavier you hear zips slightly closed. You feel good to watch this storm for while.. you find it fascinating, cleansing and very relaxing..**

**Achieving clearness in thoughts. You silently tell yourself things that will encoach you to relax even more.. I am finding my own peace , the more I become present the more I am in touch with myself . my mind is calm and clear. I can reach this state of mind whenever I choose to do so .. taking some time for myself, can bring very positive results in a short amount of time .. I am being kind to myself and being continue to do so.. I will remember how relaxed I feel in this moment .next time I will relax even more.. I feel like very space to think for myself... which**

tells me that when I clear my mind .. I feel better... when I feel like peace at this, distractions do not disturb me. I can choose where to focus my energy ..at it will always be on positive things..

I see myself to becoming a master of my own peace as I practice more... there is no need to think all the time ..stillness brings the comfort . I have controlled to, where I have placed my focus ..that bed time I am able to settle and relax deeply..

I leave my concern behind when I need some me time.. Before I get into my bed I leave my day behind. I am aware that delving into some things leads you to over thinking. I no longer delve or think things. I won my truth. I am comfortable just to observe my thoughts. Through observing my thoughts not interacting with them I can insight.. My body is relaxing deeply as I regain my head space. I am at peace with myself. I am good at clearing away things that clutter my mind. Being aware of any tension in my shoulders I allow them to descend whenever I wish .... The mind full observation of my own thoughts keeps me grounded... If my mind becomes cluttered with mind chatter I allow to be with least by lowering my shoulders. As I notice each breath becoming deeper and longer I relax much more. I am fully and deeply relaxed. Continuum what's the light glow through the heavenly clouds you need nothing else ... As this streaks of lightening illuminates. The sight makes you feel so relaxed. You see this light of the forest boldly dark against the purple night sky. That looks that it is once orange. On air cool and chant.. You hear no other moments on any other tents. Take a moment completely to yourself.

Feeling a much deserved relief they welcomed the relaxed state. You decide to go to there. Folding your chair away and tidying up you walk in to your tent. With a flash light in hand. Zipping the entrance closed tapping on the train on the material now creates the soothing sound. To

have the best night sleep. You changing to some fitting clothing. Inside the tent is warm. The sight makes you feel so relaxed. And you have the most comfortable bed to lay upon within this natural area of beauty. The mattress of your bed may be thin. But it is very comfortable. You have enough sheets to make you warm. Pulling back the sheets you climb inside adjusting your plush pillow. To desired position. Laying down you rest your back and lean your head gently in your pillow. You can hear all the sound of the storm from inside your tent. So relaxed. You even see the purple and blues glows of lightening.

Listening to the sound of rain on the ground and on the canvas your mind begins to drift ...with in no time your body begins to relax deeply .. And descend heavily into your bed... Every breath now deeper and longer than before .. Your chest easily accommodating each inhalation.. As you breath out you relax more and more ... As the Thunder sends it sound waves across the air. You feel the numbness in the ground below and fill massaged in letting go .. In between the sound of thunder you send a your mind settling down in those. Quieter moments .... As you have observes your body you sense every part relaxing and beginning to feel heavy. The whole atmosphere creates a panel of peace and stillness .. As you slowly begins , to drift off .. You occasionally smells the small drink camp fire it's earthy flavors creating warn to every thing you feel...as it continues to rain its sound is dampen down.. Your descends without resistance into your deep pillow . And the rest of your body follows.

[5 seconds]

We will now do a body scan to release any stress that might be lurking in your body. Let's start with your toes. All of your toes, all around them, all the way out till the tips. Now the soles of your feet. All the way to the front and to the back and side to side. Now your heels, the tops of

**your feet, your ankles, the calves on the back of your lower legs. And around the front to your shins. Feeling relaxed. Taking a pause. Now moving to your knees, your upper legs, the hamstrings in the back, the bands along the side and finally the inner thighs. Feeling relaxed. Taking a pause. Now your hip joints, outer hips, buttocks, pelvis, and pelvic bone, your lower abdomen, your belly button, around to your lower back, middle back, sides of your torso, chest, collar bones, upper back. Now your upper arms, and all the way around them, now your elbows, your forearms, your wrists, and palms of the hands, backs of the hands, all of your fingers and all the way out to the finger tips. Now back up to the neck. The back of the neck, the front of the throat, the whole back of the head, now your ears, chin, now in the tongue, your cheeks, eyes, eyebrows, and your forehead and finally the top of your head. Feel your entire body, relaxed. Feel a sense of peace and relaxation cover your entire body. You are inside a cocoon of relaxation.**

**Each moment is more peaceful than your last in your mind you hear positive encouragement for you to relax further. My body is settling down. Descending into a peaceful sleep. I will sleep the most restful night sleep yet .. I will create balance with in as I rest my mind and body.**

**[5 seconds]**

**I exhale the negativity form every outward breath ..my mind tends close as I breath in positivity... I now feel the reassurance of calmness, as my body relaxes even more.... I let go of any thoughts that keep me from sleeping... the only thing I need right now is rest for my mind and rest for my body.. as I let go more, my body descend and more relaxed...**



**I know that I can relax further ..each time I notice how loose my muscles have become... as my thoughts fade away.. I think about something or somewhere positive to escape... my mind is only taken up with the directions which I create ...I realize that my mind works better without clutter.. I am clearing my mind... the more I let go, the more I fall asleep... as I rest peacefully, my eyes close tighter and want only to stay closed.... I realize that it is safe to close my eyes and go to sleep.... Sleeping is good for me.. I can sleep all through the night.... By notice the muscles that may not be completely relaxed ... I adjust them so that they now are... as I release my day, my face softens and droops down into my pillow....**

**I am noticing that I am feeling very sleepy , that's my mind become clear.. I allow my head to descend further.. Being quieter to rest deeply.. I allow my awareness to gently fade out.. I hear no sounds from the outside world... everything is so quiet now .. I could fall asleep, quite easily .as I slowly shift into the sleep, I let go even more. No matter how relaxed I feel in this moment , I can relax even deeper. With every rumble of thunder the muscles are loosening further....**

**My head rests heavily in my pillow .and it descends the wave of beautiful calming sensations , descend down my whole body ..drifting in and out, your awareness dimensioning in and sleep becomes your only directions... breathing comfortably and softly , every breath out releases you to a slumber state. .. your eyelids now heavily drawn down.... Your cheeks loose... your jaw widens..every soft sensation allows you to sleep.**

**As your whole face relaxes , you rest your head more , which releases the muscles in your neck... like a chain reaction the tops of your arms ,**

**shoulders and back gravitate downwards.. Both arms now limply sliding towards the soft surface ..as each wrist and fingers expelled out,any last remaining tension. this wave of restfulness brings your hips, thighs, and legs to the comfort of the mattress.**

**[5 seconds]**

**You can feel that you are already asleep. It's your subconscious mind that is listening to this meditation.**

**[5 seconds]**

**So sleep, sleep, sleep.**

**[5 seconds]**

**Calm, still, clear your mind and comfortable your body. Drift off into a deep and restful sleep.**

**No worry, no stress. Just deep, deep relaxation all over your body.**

**[5 seconds]**

**So peaceful. So relaxing. You feel so light, just ready to fall asleep. To help you sleep faster, let's count backwards from 200. So let's relax the mind by really slowly counting down from 200.**

**200... 199... 198... 197... 196... 195... continue counting. Each number makes you feel comfortable and relaxed. If you lose count that's fine, just pick up from wherever you remember you lost count.**

**195... 194... 193... 192... 191... 190... 189... 188... so much relaxed. You are almost asleep. Your subconscious mind is doing the rest of the counting while you gently drift away into a deep, deep sleep.**

**187..... 186..... 185... 184.... already asleep... 1...8...3**

**Keep counting. If you lose the numbers, don't worry, that's because you are already asleep.**

**[10 minutes]**

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## **12. Deep Sleep Hypnosis – 60 minutes**

**So before we begin, make sure you have no pending task for the day. Switch off the lights or dim them if you prefer it that way. Wear your comfortable night clothes and get into your cosy bed. Arrange your pillows and blankets. Make sure your phone and other electronics are on “do not disturb” mode.**

**[5 seconds]**

**Make yourself comfortable and allow your eyes to close. I would like you to start with some stretches .gently stretch your arms and hands, hold it And relax. Gently stretch your legs and feet, hold it and relax. Gently stretch your neck and shoulders, hold it , hold it and relax. Gently stretch all the way down your back, hold , hold it and relax. And now gently stretch all the parts of your body, hold it , hold it and relax. Its time to drift down into our lovely, natural state of relaxation. Don't try to make yourself relax, just let it happen. Allow yourself to simply drift down. Become aware of your breath. Notice the flow of air in and out. you feel its natural . taking your breathing down a little deeper. A little deeper down. Just slightly slower. Slightly deeper breathing is allowing your body to continue to relaxing at its own peace. Notice how as you exhale. Your body seems to relax a little more. With every out breath your body is sinking deeper and deeper into relaxation and heaviness. Take a few moments to follow the flow of your breath in and out. and allow each out breath to take you a little deeper then relax.**

Soon I am going to count down 10 to 1. With each descending number between 10 and 1, allow yourself to drift 10% deeper. Just 10 % deeper with each slow descending number. Each descending number will help you drift down a little deeper, into the level of relaxation that's just perfect for you here for today. So ready, 10 ,as you drift deeper and deeper. Your arms and hands are becoming heavier and heavier. 9, as you drift deeper and deeper your legs and feet are becoming heavier and heavier. 8, as you drift deeper and deeper your entire body is becoming heavier and heavier.7, all the muscles in your feet are releasing and relaxing. 6, your stomach muscles are releasing and relaxing. 5 ,its nice to know nothing for you to do, except relax. 4 ,isn't nice to know that no where you need it be , but here at this moment. 3, notice how relaxed you are , how easy the process is. How simple. 2, How deeper you drift , the deeper you allow yourself to become Relaxed. The deeper you become. The deeper you want to go. And 1, you are now in a safe state, natural relaxation. And drifting deeper with each breath you take and every suggestion I make. You are drifting deeper down into relaxation. Your body relaxed and your mind open to positive healthy suggestions. And then there are few moments time you hear me say the word , now. And whenever you hear me say that word , now. and you remaining unnecessary tension pulling out of your body. And your body continues to sink down. More and more limp, relaxed , comfortable too. In fact is your body is going to feel so pleasantly comfortable , but even times when you are not even aware of your body, you may not even be aware of your body at all. So ready , I would like you to NOW. Allow every muscle in your body to relax. In a pleasant , slightly warm sensation , we very soon begin to spread from your chest and shoulders and over your whole body. And I would like you to NOW. Let this wonderful feeling go all the way down., down through your body. Down to our finger tips, and down to your toes and NOW. As you continue to drift .i want you to know that one of the nicest things about being this relaxed state. You can do anything you want, like in a pleasant dream. You can go anywhere you like. Drift away to any place. Any situation you desire. And you can experience any kind of pleasant sensation you wish. They all belong to you. You can even go back in time ,back in time to a pleasant memory. Drift back to something wonderful , you haven't thought of it long , long

**while. So once again you can enjoy that experience. Without the feelings you had back then .make yourself sense a day you were born, you have learned and you have experience something , every moment of your life. And all those experiences have been stored away on the back of your mind. In the form of mental images. Every second of your life imprinted they are on your brain cells. Rather like information stored like computer, unlike much, much superior. And I would lie you to know that it's a very special , unique part of your inner mind, your unconscious mind. That has full excess , not only those mental images but access to all your resources, all your strength, all your abilities and the specially the part of you that recognize positive , healthy and beneficial suggestions.**

**And in a moment I will count down from Twenty to Zero. As I count down from Twenty to Zero you use your powerful imagination to imagine your are walking down Twenty steps. Twenty safe steps and steady steps down and know that these steps down lead to a magical place. A very special place. The secret place.**

**Down the Twenty steps lies your inner world. A safe and magical world. Where you can explore but first slowly and steadily make your way down the Twenty steps. And now that you are ready to go deeper, you know that every step down, the level of trance and relaxation will double.**

**[5 seconds]**

**Begin your journey down with Twenty.**

**Nineteen. The level of trance doubles with every step you take.**

**Eighteen, Seventeen, Sixteen, Fifteen, Fourteen, Thirteen, Twelve, Eleven.**

**Ten. Nine. The level of trance doubles with every step you take.**

**Eight. Seven. Six. Five. Four. Deeper and Deeper. Three. Two. One. With the final step down into your magical world. Zero.**

**[5 seconds]**

**As you enter into your magical world, you know that you are completely safe here as you know that everything in this world is magical place is here for you to help you grow and evolve and teach you as all the things in this world are possible and only limited by your limitless imagination. They will allow you to do and achieve whatever it is you need and want. As you look around this magical place this mystic place of your creation you may become Aware of a source of a light above you that is a pure white light made of the purest energy imaginable. It feels so good. And this light is here for you to help you in any ways now and in the future. The light becomes visible to you. As it descends towards you down from above, growing in brightness as it moves down to you. All the way down until it's before you.**

**[5 seconds]**



**A glowing ball of the purest light imaginable. And you know that this light is for you and it is safe and pure made of most powerful energies. They make up this world and all others and even though it is so bright your eyes are at ease and comfortable gazing upon it and even though it is so powerful it is coming to touch as you may want to reach out. It feels so good. And take this glowing ball of pure white light energy that you reach out and take it.**

**[5 seconds]**

**Hold this light into your heart now. And allow the purest energy to enter and spread throughout your body, your mind and your soul.**

**[5 seconds]**

**From the top of your head to the tips of your toes filling up your body with this pure white light energy.**

**[5 seconds]**

**This pure light has created a protective barrier around you making you even safer than you already are. By allowing the energy to surround you and grow outward forming a bubble of energy of pure white light energy around you. And know that nothing you don't want can penetrate this bubble as it is here surrounding you to keep you safe as**

**you explore this magical world and others. It feels so good. And you realize that being here in this magical land you are totally calm and safe and this bubble of energy this surrounds you is a form of protection, you can take anywhere you go.**

**[5 seconds]**

**You can make the bubble as big or as small as you like. And even use it to recapitulate others so they too share your protective barrier that you now have as you explore this mystical place. That you know that you have all the answers you are looking for. Now that you have this protected barrier glowing around you, look up and become aware of something hovering in the distance. Higher than you are floating in speed. Where everything means nothing. And nothing means everything. As the object becomes clear, as a symbol of learning. Whatever it is, know that it is, the right symbol for you. It feels so good. To symbolize your learning and your abilities to take in. New information and understand and retain this new information. As you focus on the symbol. Hovering in front of you and above you. Only gaze upon it with focused clarity. Allow your vision to open up wider than you normally would. To take more of your beautiful Vision for maintaining a fixed gaze upon your symbol of learning. Allowing your vision to open up wider and wider all the way to either sides. Your vision becomes a full one hundred and eighty degrees and still further your vision and awareness increases. Beyond what is known until you are seeing wider than your eyes alone can detect. Allowing greater vision all around you, until you can see your own way of everything around you. And allow your hearing to open up in same manner so that you can become aware of all sounds and can hear everything that is around you and open up your sense of feeling so that you can feel all the energies, emotions, sensations that are around you. It feels so good. The symbol in front of you that hovering in the sky. What is to either side and that which is behind you. Allowing your vision here in. a sense of feeling and awareness that open up completely to take everything.**

**And know that this awaken awareness is called the learning state. As it opens your awareness to everything around you .so that you can see, feel and hear. And then understand all that you need to in this magical place, this special place. So much peaceful. With your bubble of light energy that surround you expanded that would to include this symbol of learning that is hovering in front of you. And once it's also surrounded by the pure light energy. You are focused upon it and that all the things around you.**

**[5 seconds]**

**Allow your mind to wonder and think back to a time when learned something new. That was may be a new skill or may be something from childhood. By walking or ride a back. Whatever it is remember back to how you learned and even now it may or may not have being easy to learn. You stuck with it until you did and now it is if you can't even imagine what life is like before learning this skill. As you think back to the process of learning that you undertook and allow yourself to see what so, hear what you heard and feel what you felt.**

**[5 seconds]**

**Become aware of every little detail of how you learned. How you stood or stand or whatever position your body may have been and be aware of how your mind is unconsciously working, on endless tiny details. You were unaware of in order to learn this thing that you are learning. And when you have it clear in your mind, return your attention to symbol of learning hovering before you. And reach out and take your symbol of learning. how did it in your hands and your next breath in pull that symbol of learning into your heart. And know that by pulling that**

**symbol into your heart your ability to learn and understand will dramatically increase exponentially wanted as integrates fully on a new mind, your body and your soul. From the top of your head to the tip of your toes becoming one with you completely now. You know that from this moment on and forever more you learn that more you understand .the more you understand the more you want to learn. As a symbol of learning becomes one with who you are. Take a moment to allow of this learning state and pure wide energy to fully integrate as the part of you now.**

**[30 seconds]**

**Now that you have this pure light energy inside you and around you protecting and keeping you safe as well as this enhanced Learning state as part of you. Know that they are always with you and you can call upon whenever you desire to and as this complete understanding sinks even deeper allow yourself to explore this magical world. This mystical world that is full of resources to help you in whatever you want and need to become aware of as you explore these resources, becomes available to you. Recourses that you want and need and increase your ability to learn and understand. And even deeper level and you had now. As you become aware of the resources you need, reach out and like the symbol of learning before. Breathe in and pull the resources into you. Allowing them to integrate fully within and throughout you as I give you time to explore this magical world of yours.**

**[30 seconds]**

**You are now feeling so sleepy. Your mind wants to rest now. That's fine. This is the very reason we are here. To help you relax into a deep,**

**peaceful sleep.**

**[10 seconds]**

**In your mind now, start counting backwards from Two hundred. Two hundred. One ninety nine. One ninety eight. One Ninety seven. One ninety six. One ninety five.**

**[30 seconds]**

**It doesn't matter if you forget or leave a bit. Just start again in about the same place. And notice that you don't notice when you lose your place and drift off. If your mind can count in the background that's fine, and if it's too sleepy to do so, that's fine too.**

**Bedtime Stories & Guided Meditations For Adults  
Who Want To Sleep: Stories & Self-Hypnosis For  
Healing Deep Sleep, Relaxation & Stress Relief +  
Overcoming Insomnia, Over thinking & Anxiety**

**This book contains 20 guided meditations. The total running time for all the scripts combined will be around 10 hours. Proper instructions have been included for the narrator regarding when to pause and resume the narration.**

**The scripts are in the following order:**

### **Decoding Guided Meditations**

#### **1. Third Eye Meditation**

#### **2. Gentle Relaxation – 20 minutes**

#### **3. Ultimate Relaxation**

#### **4. Relaxing in the Woods – 30 minutes**

#### **5. Positive Relaxation**

#### **6. Complete Awareness Meditation – 30 minutes**

**7. Unburden Yourself – 45 minutes**

**8. Finding Stillness – 45 minutes**

**Contemplation Meditation – 20 minutes**

**2. Sleepy Island – 20 minutes**

**3. Drifting off to sleep – 20 minutes**

**4. Journey through the woods – 30 minutes**

**5. Sleepy Ride – 30 minutes**

**6. Natural, peaceful, sleep – 30 minutes**

**7. Dreamy, Sleepy World – 45 minutes**

**8. Sleep without Worries – 45 minutes**



**9. Dozing off – 45 minutes**

**10. No more Insomnia – 45 minutes**

**11. Drifting off to Dreamland – 60 minutes**

**12. Deep Sleep Hypnosis – 60 minutes**

**Decoding Guided Meditations**

**Settling Into Relaxation – 20 minutes**

**Settling Into Relaxation – 20 minutes**

**3. Releasing stress – 20 minutes**

**4. Calmness Meditation – 30 minutes**

**5. Release Anxiety – 30 minutes**

**6. Easy relaxation – 30 minutes**

**7. A place to Relax and Unwind**

**8. Complete Relaxation – 45 minutes**

**Drifting off to Sleep – 20 minutes**

**2. Relaxed Sleep – 20 minutes**

**4. Worriless Sleep – 30 minutes**

**5. Journey of Sleep – 30 minutes**

**6. Blissful Slumber – 30 minutes**

**7. Beautiful Sleep – 45 minutes**

**8. Soothing Slumber – 45 minutes**

**9. Pleasant Sleep – 45 minutes**

**10. Dream Away – 45 minutes**

**11. Deep and Restful Sleep – 60 minutes**

**Sleep Hypnosis – 60 minutes**

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## **Decoding Guided Meditations**

**You might find that guided visualisation techniques are widely used in this book. After relaxing your mind and body, you are asked to visualise yourself walking on a beach or standing under a waterfall. The themes of these visualisations are not randomly selected but have a deeper meaning.**

Earth: In some meditations, you are asked to visualise yourself walking barefoot on grass or on a sandy beach, and are advised to feel the connection with Earth or the surface beneath you. The reason is that Earth is the element of Root Chakra, the first of the seven chakras. The Root Chakra governs our survival instincts, it makes us live in the present and accept our reality. More often than not, our anxieties and fears arise when our Root Chakra is imbalanced or blocked. So, these visualisation techniques evoke the properties of the Earth element to balance and activate your Root Chakra. So, whenever you are asked to feel a connection with Earth, know that it is to ground your fears and anxieties and to release your stress.

**Water: Water is associated with your Sacral Chakra, the Chakra that governs pleasures, creativity, energy, and self-worth. When you begin to think that you do not deserve the good things in life or when self doubt about your looks and appearance creep into your minds, it may be because of an imbalance in your Sacral Chakra. So, when you are asked to visualise yourself taking a bath in a pond or standing under a waterfall, it is to heal your Sacral Chakra. Moreover, water element is also associated with emotions. The use lakes, ponds and waterfalls in your guided meditations helps heal your depression and break negative patterns of self-doubt.**

**Bonfire:** Solar plexus, the third chakra in your body, is represented by the element fire. You know what fire does, don't you? The fire within you makes you chase your dreams. It drives your passion to succeed. An underactive Solar Plexus makes you feel dispassionate towards your goal. It weakens your willpower. It makes you timid and you create boundaries around you.

So, the bonfire or any types of fire in the meditations are used to activate and charge your Solar Plexus so that you can free yourself of your self-limiting beliefs. It fills your life with passion and instils self belief within you.

**Rivers:** The ever-flowing river encourages to learn how to let go – let go of hurt, unfruitful relations, and anything that does not serve you. Be like a river, always moving ahead, leaving everything behind, both the good and the bad things. You may be asked to drown your worries and stress in the flow of the river. This helps you release the unwanted burden that you may be carrying in your mind. Rivers represent purity and peace.

**Clouds:** During some meditations you may be asked to visualise yourself sitting on a cloud and floating away. The white, fluffy cotton like clouds induce relaxation. Visualising yourself floating away on a cloud makes you feel calm and peaceful.

Cloud also represents air, the element of Heart Chakra. So cloud meditations are used to fill you with compassion and gratitude.

**Space:** Space or ether is associated with our higher or spiritual chakras. Visualising yourself floating in space is the symbolism of liberation from the Earthly desires and progression into higher dimensions. When you are in space, you free from the control of your senses. You are free from all material greed. There is nothing to do. There is nowhere to go. No goals to follow. No person to please. You understand that in the vast expanse of space, every human instinct feels so small, so inconsequential. You feel free. You feel liberated.

**Rainbow:** The seven colours of the rainbows are the seven colours of the chakras: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Rainbows are used in meditations when all the seven chakras are being balanced.

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## **Settling Into Relaxation – 20 minutes**

**Today, words like anxiety and stress have become more common than ever. Every person we meet or know has gone through stressful days or faced anxiety attacks at some point in life. What happens is that this so-called stress not just hampers our work but also negatively affects our sleep and rest patterns. And if left unattended, stress grows into depression and sleep disorders turn into insomnia. So, it becomes essential to nip the problem in the bud. Even if you feel your stress and anxiety levels have begun to overwhelm you, there's always a way that goes back to the right place. What's important is that you stick to a proper meditation routine and not lose hope even if the results don't seem to come instantly. Meditation gives results gradually. The seeds that you sow today may take some time to bear fruit, but the fruits will appear for sure. So hang in tight, for this very simple but exciting meditation that we are going to practice today.**

**Find a nice spot where you won't be disturbed for the next few minutes. Keep away all the distractions and turn off your electronic gadgets. Give yourself the gift of uninterrupted peace. For the next few minutes, we will try to experience stillness. Not the stillness of body per se, but the stillness of mind. You might have turned your devices off with a single click or touch. But halting or even slowing down the train of thoughts, that's easier said than done. And that's what we are going to do today. For the mind lies beyond the physical body. And beyond the body, there's a space, a zone. And once you reach touch that space, you experience stillness. In that zone, in that stillness, in that emptiness, the concepts of space and time do not exist. It's pure bliss. It's what the Yogis strive for. It's what Yoga is. Union. The union of your consciousness with the cosmic intelligence. The union of the creation that is you with the creator. Then you will realise that the creator and the creation are one. They are inseparable. It's this realisation that we**

**will strive for today. And we might fail. Yet we will strive for it. For with each session, we get closer to this realisation of union, of oneness.**

**Now beginning with today's meditation. Find a nice spot to sit for meditation where you won't be disturbed for the next 20 minutes or so.**

**We will start with some simple deep breathing exercise. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**Very nice. Now One more time. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**And again. Inhale through your nose... Hold the breath... and exhale.**

**Continue this breathing exercise for a while.**

**[20 seconds]**

**Now breathe at your relaxed, gentle pace.**

**On your inhales, I want you to visualise drawing your breath and attention from the crown of your head down through the spine to the**

**base of your spine. And exhale the breath from the base of the spine up to the top of your head. Inhale the awareness down the length of the spine. And exhale back up.**

**Continue breathing in from the top of your head and into the base of the spine, and breathing out from the base of the spine back up to the top of your head.**

**Continue breathing this way for a while.**

**[1 minute]**

**Now I want you to bring your palms on to your thighs and set them up in where the thumbs rest on the ring finger. Just the tips of the fingers touch.**

**We will form this mudra on our thighs and will continue breathing from the top of the head and all the way down the spinal column to the base of the spine. And exhale from the base all the way up through the spine and till the top of the head.**

**[10 seconds]**

**Continue to keep your hands in this position, but will change the movement of the breath to eliminate wastes and toxins from our bodies.**

**We will inhale from the top of the head all the way to the base of the spine, then we will pause that breath just a moment at the base of the spine, collecting our toxins there. And then on our exhales, we will push that waste down and out of our body into the core of the Earth. So when you inhale, inhale the awareness down through the spine, resting at the base of the spine. Pause there for a moment and then actively sense that you are pushing the waste out of your body.**

**So let's begin this cleansing exercise. Inhale through the crown of your head, down through the spine and rest the awareness at the base of the spine. Accumulate the waste there. And then exhale and push the all the waste, all the toxins down and out of your body into the Earth beneath.**

**[10 seconds]**

**Allowing your breath to sweep from top to bottom on inhale. Pause your breath at the base of your spine. Sense that the accumulation of what's no longer needed, what doesn't serve is pushed out of your body into the core of the Earth.**

**[10 seconds]**

**Continue this exercise for about a minute.**

**[1 minute]**

**You now feel completely relaxed and free. Now, I want you to imagine a bright light emerging from the centre of the Earth and rising up and entering your body through the soles of your feet. This is the pure healing light of the Earth that is entering your body through your feet and then moving up and spreading throughout your body.**

**[10 seconds]**

**Visualise your whole body being flooded with this white healing light. This light makes you feel energetic and peaceful at the same time.**

**[10 seconds]**

**If there are any pains in your body, visualise the healing light curing those pains.**

**[10 seconds]**

**Now you feel so relaxed and healthy and pleasant. Stay in this feeling of freshness and energy for a while.**

**[1 minute]**

**Now take three deep breaths.**

**[10 seconds]**

**Bring your hands near your heart centre and join the palms in the Namaste position. Thank the mother Earth for its nourishment and care.**

**Stay in this position of gratitude as long as you want to. And when you are ready, open your eyes.**

## **Settling Into Relaxation – 20 minutes**

**Today, words like anxiety and stress have become more common than ever. Every person we meet or know has gone through stressful days or faced anxiety attacks at some point in life. What happens is that this so-called stress not just hampers our work but also negatively affects our sleep and rest patterns. And if left unattended, stress grows into depression and sleep disorders turn into insomnia. So, it becomes essential to nip the problem in the bud. Even if you feel your stress and anxiety levels have begun to overwhelm you, there's always a way that goes back to the right place. What's important is that you stick to a proper meditation routine and not lose hope even if the results don't seem to come instantly. Meditation gives results gradually. The seeds that you sow today may take some time to bear fruit, but the fruits will appear for sure. So hang in tight, for this very simple but exciting meditation that we are going to practice today.**

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**will strive for today. And we might fail. Yet we will strive for it. For with each session, we get closer to this realisation of union, of oneness.**

**Now beginning with today's meditation. Find a nice spot to sit for meditation where you won't be disturbed for the next 20 minutes or so.**

**We will start with some simple deep breathing exercise. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**Very nice. Now One more time. Inhale through your nose as deeply as you can... Hold the breath for a moment... and exhale.**

**And again. Inhale through your nose... Hold the breath... and exhale.**

**Continue this breathing exercise for a while.**

**[20 seconds]**

**Now breathe at your relaxed, gentle pace.**

**On your inhales, I want you to visualise drawing your breath and attention from the crown of your head down through the spine to the**



**base of your spine. And exhale the breath from the base of the spine up to the top of your head. Inhale the awareness down the length of the spine. And exhale back up.**

**Continue breathing in from the top of your head and into the base of the spine, and breathing out from the base of the spine back up to the top of your head.**

**Continue breathing this way for a while.**

**[1 minute]**

**Now I want you to bring your palms on to your thighs and set them up in where the thumbs rest on the ring finger. Just the tips of the fingers touch.**

**We will form this mudra on our thighs and will continue breathing from the top of the head and all the way down the spinal column to the base of the spine. And exhale from the base all the way up through the spine and till the top of the head.**

**[10 seconds]**

**[30 seconds]**

**Continue to keep your hands in this position, but will change the movement of the breath to eliminate wastes and toxins from our bodies. We will inhale from the top of the head all the way to the base of the spine, then we will pause that breath just a moment at the base of the spine, collecting our toxins there. And then on our exhales, we will push that waste down and out of our body into the core of the Earth. So when you inhale, inhale the awareness down through the spine, resting at the base of the spine. Pause there for a moment and then actively sense that you are pushing the waste out of your body.**

**So let's begin this cleansing exercise. Inhale through the crown of your head, down through the spine and rest the awareness at the base of the spine. Accumulate the waste there. And then exhale and push the all the waste, all the toxins down and out of your body into the Earth beneath.**

**[10 seconds]**

**Allowing your breath to sweep from top to bottom on inhale. Pause your breath at the base of your spine. Sense that the accumulation of what's no longer needed, what doesn't serve is pushed out of your body into the core of the Earth.**

**[10 seconds]**

**Continue this exercise for about a minute.**

**[1 minute]**

**You now feel completely relaxed and free. Now, I want you to imagine a bright light emerging from the centre of the Earth and rising up and entering your body through the soles of your feet. This is the pure healing light of the Earth that is entering your body through your feet and then moving up and spreading throughout your body.**

**[10 seconds]**

**Visualise your whole body being flooded with this white healing light. This light makes you feel energetic and peaceful at the same time.**

**[10 seconds]**

**If there are any pains in your body, visualise the healing light curing those pains.**

**[10 seconds]**

**Now you feel so relaxed and healthy and pleasant. Stay in this feeling of freshness and energy for a while.**

**[1 minute]**

**Now take three deep breaths.**

**[10 seconds]**

**Bring your hands near your heart centre and join the palms in the Namaste position. Thank the mother Earth for its nourishment and care.**

**Stay in this position of gratitude as long as you want to.**

**And when you are ready, open your eyes.**

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### **3. Releasing stress – 20 minutes**

**Find a comfortable place, such a sofa or anything to relax in and unwind for the next few minutes. Please make sure that you will not be disturbed during the course of this meditation. Get in the most comfortable position possible. Take your time.**

**[5 seconds]**

**And just allow your eyes to close naturally, easily and effortlessly. By taking a couple of deep breaths.**

**In and out. In and out.**

**And with every breath you take in, you are taking in positive healing and energy into your body. And with every exhale, you are releasing from your body all the toxins, worries, fears, stress and discomfort.**

**[20 seconds]**

**Continue focused breathing for a while.**

**[20 seconds]**

**If your mind begins to wonder, it is perfectly fine. Just allow yourself to go deeper into this state of calmness and relaxation.**

**[5 seconds]**

**Take a long, slow, deep inhalation, just hold it for a moment, then slowly exhale. Allow any tension to melt away, as you gradually relax more and more deeply with each breath.**

**[5 seconds]**

**So let's do that again. Take in another long, slow, deep inhalation, hold it and then exhale completely that your lungs empty completely.**

**[5 seconds]**

**One more time take long, deep, slow inhalation, hold it just for a moment and then let it go complete.**

**[5 seconds]**

**You can already feel yourself drifting into a deep state of relaxation.**

**[5 seconds]**

**So just continue to breathe slowly here very gently. Much in the belly raise with each inhale and exhale. Notice that there is no beginning or end to your breath. Just a constant ebb and flow.**

**[5 seconds]**

**Continue to breathe slowly and gently as you start to bring your awareness to the top of your head. Like your cheeks soften, allow your jaw to soften, just like any tension you might be holding on to. And feel this very peaceful feeling of relaxation settle into your face.**

**[5 seconds]**

**Now allow this peaceful feeling to flow down into your neck. Feel lessening every muscle and every fibre. With each breath you take in allow this relaxing feeling to become deeper and warmer. Allow to work its way deep in to the muscles of your shoulders. Just soothing them, releasing them. T**



**[5 seconds]**

**his peaceful feeling sends to slow down from your shoulders and in to your upper arms. Loosening to the muscles relaxing them and now flows to your forearms and your hands, relaxing and soothing them. All the way down to your tips of the fingers.**

**[5 seconds]**

**Notice that as your body starts to feel relax more and more your mind also relaxing your thoughts seems to be lighter. And just allow yourself to slip further and further into this state of stillness and relaxation.**

**[5 seconds]**

**Bring your awareness now to your chest. And feel all the muscles and tightness of your chest just relax, release. That awareness to come in to your stomach and any tightness, any tension that you are feeling, just let it go.**

**[5 seconds]**

**And then it became soft and relaxed. Just notice how this entire area of your body is gently raising and falling as you inhale and exhale. And this peaceful sensation continues to flow throughout the whole upper body.**

**[5 seconds]**

**Soothing every muscle, relaxing every organ. And turn your attention to your upper back and feel that relaxation, sensation, flow from the upper back to the middle back to lower back. As you sink deeper and deeper into your state of relaxation as your body starts to relax more and more, just feel every muscle relax and unwinds well.**

**[5 seconds]**

**Allow the entire upper body to become loose and limp and relaxed. And take that awareness of relaxation to your hips. Allow them to relax in this peaceful feeling starts to work its way through your lower body. Relaxing your buttock, the back of your thighs, the front of your thighs, all those large long muscle groups are becoming looser and more relaxed.**

**[5 seconds]**

**Let those soothing feeling of relaxation to come down to your knees and the backs of your knees, into your shins and calves. The ankles, the tops of the bottom of the feet, all the way down to your toes.**

**[5 seconds]**

**Just allow your entire lower body to relax completely. Allow any remaining intention from anywhere in your body to just flow out to the tips of your toes. Allow yourself to be comfortable, peaceful and relaxed. Taking yourself in to an inner journey, beautiful journey to a place of this deep inner stillness.**

**[40 seconds]**

**Take three deep breaths.**

**[5 seconds]**

**Relax.**

**[5 seconds]**

**I want you to imagine, you are standing at the edge of the river. The sun is shining on your back. You look around and find that just next to you lies a piece of paper and a pen. You pick them up. On the paper you find that something is written. “Write your worries down and just let it go. The river will take your worries away.” says the paper.**

**And you begin to do so. Now think of something that worries you the most. And write it down on the paper. You can write more than one things.**

**[5 seconds]**

**Once you are done writing, take a look at the paper. And notice any feelings or sensations your body may have on looking at what you have written. Notice the feeling of releasing that negativity, that stress from your body and mind and onto the paper.**

**[5 seconds]**

**Now fold that paper into a paper boat. It doesn't matter if you know how to make a paper boat or not. The paper will turn into boat by itself.**

**[5 seconds]**

**Now I want you to take your paper boat and place it on the water. Looking at the paper boat, in the water, on your stress written on it.**

**Repeat to yourself with all your feel and intent, “I release you now.” “I release you now.” “I release you now.”**

**And take a deep breath in and on your exhale visualise the current of your breath blowing the paper boat away. Another deep breath in and a deep breath out. And watch the paper boat blow away. Continuing to breathe in and out. And continuing to watch the paper boat drift further and further away with each exhale.**

**[20 seconds]**

**The water may try to look back to you but the strings of your breath and above your being is stronger. Your desire is stronger.**

**[10 seconds]**

**You are the one in control the paper boat and just like the ship, you are the captain of your life. And you get to choose the directions and watching things go. Take a few more deep breaths watching the paper boat drift further and further away. As your breath blows into the distance until you no longer see it. All that you can see is the river getting on as it did before you put the paper boat in the water.**

**[20 seconds]**

**Notice now how good it feels that the stress is no longer there. It is far, far away from you as you stand on the banks of this peaceful river. It is so calm, so peaceful here. You hear nothing but the sound of your breath – the inhale and the exhale. The inhale... and the exhale.**

**[60 seconds]**

**The river is so still. You can feel the same stillness resonate within you. The stillness of the river washed over you... from your hands to your neck, then to your shoulders and then down to your ribs, to your stomach, and your hips, down your thighs, to your knees, to your shins, down your ankle and your feet, down to your toes. Allowing now, your entire body to sit in that feeling of peace, that has washed over you, for a few more moments.**

**[20 seconds]**

**You now realise just how powerful this technique is. You can repeat this exercise of releasing your stress for any other things that may be bothering you. One by one, write down anything that you want to release on a new paper boat. And watch it sail away, far, far away from you. Feel the lightness that comes after you get rid of all your stresses, all your worries, one by one.**

**[5 seconds]**

**Take your time.**

**[5 minutes]**

**And when you are done. Gently bring your awareness back to your physical body. And when you are ready, open your eyes.**

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## **4. Calmness Meditation – 30 minutes**

**Find a nice and comfortable position either sitting somewhere, on a chair or sofa with your spine align gated or lying down. Find your space where you feel the most relaxed and supported. Take your time.**

**[5 seconds]**

**Now that you are nice and comfortable, I invite you to bring your awareness to your breath. Slowly inhaling through your nose and exhaling out of your mouth.**

**[5 seconds]**

**Just allowing your entire body to soften. And to dissolve into rest. Letting go letting go and releasing. Letting go and releasing.**

**[10 seconds]**

**Notice how you feeling right now, mentally and physically. Without any desire to change anything, simply take notice how your body feels.**

**[5 seconds]**

**And then take notice how your mind feels.**

**[5 seconds]**

**Mentally scan your body now .Looking for areas of tensions. Where is your body the most tense. Notice now where your body is most relaxed.**

**[5 seconds]**

**See that these areas of relaxation are slowly getting larger.**

**[5 seconds]**

**Now turn your awareness to your breathing. Simply notice your breath, without making any effort to change it. Imagine breathing and relaxation and breathing out tension. Feel yourself becoming more relax with each breath.**

**[5 seconds]**

**Now focus on those areas of tension in your body. And imagine to directing your breath to these areas.**

**[5 seconds]**

**Feel the breath drawing and relaxation .and as you exhale imagine the tension just draining away.**

**[5 seconds]**

**Allowing your breathing to relax your body. Feel your mind and body becoming relaxed, calm and peaceful. Deeply relaxed and calm.**

**[10 seconds]**

**And imagine now, there is a path ahead of you. And you look down on your feet and your feet are bare. And as you step as long this path, the energies, the sensations , on the ground under your feet, under your skin. Becoming aware of what its feel like any colours or textures. And notice the space around you as you walk in this park.**

**[5 seconds]**

**You can imagine it is reaching out your hands they touch. And now you see a door, as you get closer, imagine what this door looks like to you.**

**The colour, the shades, the texture. Notice every minute detail. You reach the door, you notice the handle.**

**[5 seconds]**

**You reach out, and turn the handle and notice how its feel like under your skin. As you open a door, as you step inside , you see a beautiful garden . yousteps through, noticing a change and sensation under your feet. Noticing if the grass is dry or wet. Feeling the grass blades on the soles of your feet. Noticing the many colours you see.**

**[5 seconds]**

**Noticing the trees, the flowers. Noticing insects and butterflies. Take your time, to come to this garden .**

**[5 seconds]**

**You notice a tree ahead of you. You haven't seen such a tree in your life. You know that this is no ordinary tree. There is something special about it. It's not the tree from Earth. In this tree lies so many solutions, so many answers. This tree is glorious with the trunk so tall. So full of**

**vivid details. Lifetimes with in a lifetimes with in this truck. Within parks, within roots. This tree has seen so many things. This tree stands for wisdom.**

**[5 seconds]**

**To take a moment to become aware of this tree, the details, the shapes, the branches, the leaves, walking around this tree.**

**You pause and appreciate the beauty of this tree. You bow down in gratitude to this tree – the tree that embodies deep wisdom.**

**[5 seconds]**

**Reaching out, indulging. Tracing details on your hands.**

**[5 seconds]**

**Now you sit a while resting against the trunk. And you can feel the tree. And you feel all the wisdom, the power, earth and nature and life coming into your body. Feel as if the energy is coming to you from your angels and ancestors. They want you to know so many things. One by one all the wisdom that you need to know is coming into your body. Feel the transfer of wisdom taking place. Now soak in this vast knowledge and wisdom deep, deep within you.**

**[5 seconds]**

**Take your time.**

**[5 seconds]**

**When you feel balanced, disconnect with the tree and gently stand up.**

**[5 seconds]**

**After all you may have disconnected, all you have is within, within you.  
This is the lifetime of lifetimes.**

**[5 seconds]**

**Within you is love, eternally. Within you is the peace and the  
achievement of your desires. You are just going to breath in this present  
moment, feeling this sense of peace. The sense of love , the sense of  
connection to earth , to life itself.**

**[5 seconds]**

**Noticing how it feels in your body. Here you feel safe, Here you feel peace , here you loved. Notice the gentle sun is resting in your face .moon glow, slight swiftness in the air.**

**[5 seconds]**

**Full sense of peace, relaxation, the steadiness of the trunk supporting you. Deep sense of loving .you slowly start to arise now.**

**[5 seconds]**

**Facing the sun, facing branches , leaves. Breathing in deep breath of gratitude. Feeling free and easy to move your body, weightless, lighter it ever does.**

**[5 seconds]**

**As you step back through the garden, you are aware of the changes within you. Noticing how it feels.**

**[5 seconds]**

**Noticing this slight difference within your steps. As you head back towards the door .and closer to the door now . reaching out the handle. Knowing as you reach this garden , you are connected with peace, you are connected to yourself.**

**[5 seconds]**

**As you step back through onto the park noticing the changes and sensations on your feet.**

**[5 seconds]**

**Step by step, a down path as you see yourself again. Now for a moment, watching yourself in already deep gratitude for all that you are , all that you have been through. And with the next breath, you become one again with yourself. Coming back to hold a body breath, and arise and fall. Now say the affirmations “I feel safe. I feel complete. I am aware. I realise my truth. I own my truth.”**

**And again “I feel safe. I feel complete. I am aware. I realise my truth. I own my truth.”**

**And one more time, “I feel safe. I feel complete. I am aware. I realise my truth. I own my truth.”**



**[5 seconds]**

**And breathing now and imagining, the blue layers of protected light coming over your body. Allowing your sense in deep, peace .allowing your sense relief . start to breathe holding your breath, become more aware of the sensations in your body, becoming more aware of the room or the space. Becoming more aware about the changes in you.**

**[5 seconds]**

**And you are ready to come back to your day.**

**[5 seconds]**

**And you notice that as you make your way back now you can hold on to that feeling of calmness and relaxation in your body. Aware of the gentle rise and fall of your breathing. A clarity in your thoughts.**

**[5 seconds]**

**Everything is well in your life. And so as you make your way back to the path way, you can feel reassured knowing that you can deal with anything that comes your way in your life.**

**[5 seconds]**

**That you have many inner resources and you can tap into them whenever you need. And so stepping back on that path way.**

**[5 seconds]**

**The path way that leads back to your everyday world.**

**[5 seconds]**

**And so you can just allow the images to fade there, knowing that you can return to them again. Coming back into the awareness of your body.**

**[5 seconds]**

**Noticing how relaxed your body is .and just spending few moments there now. You are enjoying the feeling of calmness and relaxation.**

**[5 seconds]**

**And now you can open your eyes feeling refreshed and alert.**

**You are now ready to go back to your day.**

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## **5. Release Anxiety – 30 minutes**

**Sit in a comfortable position.**

**Gently close your eyes and start taking some slow, deep breaths. Breathe in through the nose. Hold the breath for a few moments. And release through the mouth.**

**Very good. Now again breathe in through the nose. Hold for a few moments. And release through the mouth.**

**And again breathe in through the nose. Hold the breath for a few moments. And release through the mouth.**

**Relax. And breathe at your normal, gentle pace.**

**Now bring your awareness to your body. Be aware of your feet – both your feet.**

**[5 seconds]**

**Now your shins, and your knees. Now your thighs.**

**[5 seconds]**

**Now your buttocks. Now your abdomen. And slowly moving up to your chest.**

**[5 seconds]**

**Now bring your awareness to your entire back.**

**[5 seconds]**

**Slowly bringing your awareness to your hands. Now your ankles and forearms. Moving up to your elbows. Now your entire arms.**

**[5 seconds]**

**Bringing your awareness to your shoulders.**

**[5 seconds]**

**Now your neck. Now your face. And finally the top of your head.**

**[5 seconds]**

**Now visualising your entire body in its current posture.**

**[5 seconds]**

**And bringing the awareness to your breath.**

**[5 seconds]**

**Just notice how it feels to breathe right now. Do your lungs feel open and expansive or tight and constricted? Notice how your body is feeling right now. Are there any physical sensations that stand out to you? And how are your emotions and your mind doing right now? What's going on? We are not trying to fix or change anything, or make it some perfect way. We are just looking and observing what's going on for you right now.**

**[30 seconds]**

**Bring your awareness to those parts of your body that connect with the cushion, the sofa, the mattress, or the ground beneath you. Your sitting bones, your tail bone, your thighs, your calves, your feet. And notice how the connection with the ground feels right now. Does it feel solid and stable and supportive or do you feel a little disconnected from it right now. This is the realm of the Root Chakra, the source of grounding and deep connection with the Earth.**

**[10 seconds]**

**During this meditation, remember that you are sitting on top of the entire Earth and this whole planet supporting you. You have access to all its energy and it will assist you during this meditation today and imagine a swirling energy in your sitting area region. Like there's a clock right in your sitting bones. Imagine the energy swirling in a clockwise direction.**

**[5 seconds]**

**This is getting the energy of this Chakra flowing. And as you imagine it, notice in your mind just how much energy does seem to be flowing there. A lot? A little? Fast? Slow? And imagine bright white energy just coming from the ground and feeding into this swirling energy.**

**[10 seconds]**



**And as you sit with this energy, consider the following scenarios that are related and supported by the Root Chakra. Do you feel safe and secure in your life right now? Or do you fear for your safety and your well-being?**

**[5 seconds]**

**And how is your energy? Do you feel weighed down, lethargic, overwhelmed on a regular basis?**

**[5 seconds]**

**Are you able to trust others? Or do you feel you trust people too easily? Or is your trust balanced? How is trust in your life?**

**[5 seconds]**

**Do you feel a sense of lack in your life? Do you feel you have enough to survive? Or do you constantly worry about paying bills for your food or your house or apartment? Does that weigh you down or do you feel secure there?**

**[5 seconds]**

**Do you have a tendency to collect food and possessions well beyond your need? Do you feel you are satisfied with yourself or do you feel you always need more and more?**

**[5 seconds]**

**Bring your energy back to that energy swirling. As you have considered these scenarios, did anything change?**

**How you felt the connection with the Earth? The energy swirling at the Root Chakra? And then release all of the energy, the imagery, the situation you were thinking about and just come back to your breathing.**

**[30 seconds]**

**Take three deep breaths. Breathe in deeply through the nose. Hold the breath for a few moments. And release through the mouth.**

**[5 seconds]**

**Very good. Now again breathe in through the nose. Hold for a few moments. And release through the mouth.**

**[5 seconds]**

**And again breathe in through the nose. Hold the breath for a few moments. And release through the mouth.**

**Relax. And breathe at your normal, gentle pace.**

**[20 seconds]**

**And when you feel ready, open your eyes.**

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## **6. Easy relaxation – 30 minutes**

**So let's begin by sitting comfortably or just getting into a very comfortable and relaxed position.**

**Take a deep breath, and relax. This is your time just for you. Bring your awareness to the very top of your head. Become aware of the warmth, as you relax your head. Now move your awareness down to your eyes and eyelids and all the tiny muscles that are around your eyes. Relax let them go. Now release your jaw and let it drop open. Open your arms and hands. Relax let them go. Become aware of tingling on palms of your hands. And feel this relaxation begin to move down to your body like wind. Now become aware of your feet, relax the sole of your feet. Feel a tingling sensation here.**

**Now bring your awareness to your entire body. Feel a sense of relaxation engulf your entire body.**

**[5 seconds]**

**Breathe in peace. Breathe out relaxation.**

**Breathe in peace. Breathe out relaxation.**

**Breathe in peace. Breathe out relaxation.**

**[5 seconds]**

**Very nice. Now we are going to relax our mind through a guided meditation.**

**[10 seconds]**

**Imagine yourself standing in a nice open garden.**

**In the meadow, is full of lovely, soft green grass as you can see the flowers sprinkle all around with the trees surrounding the outer edge. You may choose to take off your shoes and hold them in your hands...**

**You notice in the centre of the garden there is a large tree trunk lying on its side. And you notice an area slightly worn, where most people go and sit down there when they need their time out. You decide to walk away to now feeling the grass beneath your feet. As you head over there you come up to the end.**

**[5 seconds]**

**Walk along and sit down right where the tree trunk is worn.**

**[5 seconds]**

**Take a couple of deep breaths.**

**[20 seconds]**

**What do you smell? The scent of the flowers? What else?**

**[5 seconds]**

**Can you feel the sunshine on your skin?**

**[5 seconds]**

**What do you see? Butterflies, insects, flowers and bushes?**

**[5 seconds]**

**Be fully immersed in this moment.**

**[5 seconds]**

**As you recognise you are strong and comforting enough to allow this moment to be exactly what you want it to be. So when thoughts come in, see them coming in, and you can smile at them and say “Thank you”.**

**You say to them, “Right now I am too busy sitting in this beautiful meadow.”**

**[5 seconds]**

**Stay in this moment for a few more minutes.**

**[5 minutes]**

**Completely relaxed and at peace, you get up and decide to walk. And as you walk in your feet quite laying down on the ground, and you have a warm feeling of freedom and confidently you are in control of your life.**

**[5 seconds]**



**And as you carry on down to the path away from the meadow, the trees are on the other side and there is green area on the other side.**

**[5 seconds]**

**It's a lovely path and you can see bright light around you.**

**[5 seconds]**

**You see the butterflies moving in between the flowers and the leaves. The leaves are blowing gently in the wind as you continue to walk along the path. I want you to go for some of these affirmations. you repeat them in your mind a couple of time and feel them deep in your body. You can imagine them radiating in your heart and your heart is expanding ever where, your toes, right through to the top of your head, now to your fingers.**

**everything is alright... I am going to be ok... everything always works out for me.... Even if I don't understand and they are alright now .. .....**

**I can only do one thing at a time... I have the confidence to say no.. I am in control of my life..... I release the need to please other people...**

**[5 seconds]**

**I choose to be calm and centered..Regardless of the situation.... Today I will allow time for self-care and looking after myself... everything is I am affording that it should be..... I am committed to living in this present, Making the best of this moment I am given..**

**This is important to take time out for myself ... I am very best self when I am more rested... I am in full control of my life..and I alone to decide how much and what I should do.. everything is just as it is and serves me purposely.. .. everything is alright.. I am going to be ok. May I be loved may I be blessed may I be happy .. in a moment we are going to be this journey to end as we finish up to walking this path.**

**[10 seconds]**

**When you are ready to get up, slowly say to your toes, be alert to your legs, be alert. To your thighs be alert. To your stomach, be alert. To your chest , be alert. To your arm, be alert. To your hands, be alert. To your face, be alert. And to your head , be alert. Now take a deep breath and big stretch and open your eyes to a stress free and a calm state.**

**Feel calm, relaxed, and full of vital energy.**

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## **7. A place to Relax and Unwind**

**I would like you to position yourself as comfortably as possible. And you might like to close your eyes. And just bring your focus within.**

**[5 seconds]**

**Notice the flow of your breath.**

**Allow your body to relax comfortably and just connecting in your breathing.**

**So each time you inhale, you are breathing in a sense of calmness and relaxation. And as you exhale, you are breathing away any stress or tension that you might be holding on to.**

**So, breathing in a sense of calmness and relaxation. Breathing out any stress or tension.**

**[5 seconds]**

**Breathing in a sense of calmness and relaxation. Breathing out any stress or tension.**

**[5 seconds]**

**Breathing in a sense of calmness and relaxation. Breathing out any stress or tension.**

**[5 seconds]**

**And as you focus on your breathing, you may notice different images and impressions. Simply watch them from a distance and let them drift by comfortably and easily.**

**[5 seconds]**

**You are unperturbed by the emotions or thoughts passing by. Simply let them drift by. Maintain a gentle focus on your breath.**

**[5 seconds]**

**Breathing in a sense of calmness and relaxation. Breathing out any stress or tension.**

**[5 seconds]**

**Breathing in a sense of calmness and relaxation. Breathing out any stress or tension.**

**[5 seconds]**

**Continue this breathing technique for a while.**

**[30 seconds]**

**Relax.**

**Now I want you to tap into your power of imagination. In your mind, imagine yourself in one of your favourite, peaceful and beautiful places. This could be a place you have been before like a forest, full of tall green trees, or may be a white sand beach, where the ocean waves gently lap the shore and the smell of the beach makes you feel like a home. It could also be a place built entirely in your imaginations. Just think of the place which is peaceful and beautiful to you and wherever this special peaceful place is.**

**[5 seconds]**

**You can take some time to imagine it. You can add details to the place. Imagine it exactly how you want your special place to be.**

**[20 seconds]**

**And once you have your special place in your mind bring yourself into the picture. Imagine that you are in this beautiful place.**

**[5 seconds]**

**Now take a walk and look at the lovely, peaceful, relaxing surroundings. Till a few moments ago, you were looking at this peaceful scene like a painting from a distance, and now you are in this scene. You are living it. Be there right now. What do you see around you?**

**[5 seconds]**

**Just look around see what you see. What is in this scene that is most relaxing to you? Take a walk in this special place and see who that you can see. What do you smell in the air? May be you can smell trees or fresh flowers. Or maybe you can smell the soothing air of the ocean. Just bring some smells into your visualizations and smell the air where you are now. And may be reach out and touch something that's attractive and peaceful to you. How does it feel? Is it soft to your touch?**

**[5 seconds]**

**You are living in the scene. You can feel the ground beneath you and the air on your skin. How does that feel? And take a moment to listen what songs do you hear in this beautiful surrounding?**

**[5 seconds]**

**Can you hear birds chirping in the woods? Or do you hear the sound of the oceans waves or perhaps there is music playing in the background. Or maybe you hear the voice of an old friend that really calms you. What sounds do you hear? Take a moment now to enjoy listening to it.**

**[5 seconds]**

**You can stay in this scene as long as you want to... enjoying this moment of relaxation that you have taken for yourself.**

**[5 seconds]**

**And feel free to walk around in this special place as long as you want to.**



**[30 seconds]**

**While you are enjoying being in this place, I would like to remind you that you can change the scene as per your wish.**

**[30 seconds]**

**Remember that this special place and these feeling of relaxation are always here for you and can come back to it whenever you wish. You need not be afraid to lose it. It's always with you. And the relaxation that you feel right now at this moment – it's yours to experience anytime you wish.**

**[5 seconds]**

**And when you are ready, slowly let this scene before you dissolve back into your mind. Allow yourself to slowly to come back to your room, in your comfortable position. That was there before you imagined your special place. And when you are ready in your in time you can slowly open your eyes and you can come to this moment, this time and this reality. And before you get up, just take a moment to note how relaxed you feel right now in this moment.**

**[5 seconds]**

**And you notice , that as you make your way back now you can hold on to that feeling of calmness in your body.**

**[5 seconds]**

**Be aware of the gentle rise and fall of your breathing. You may notice a clarity in your thoughts. Everything is well in your life. And so as you make your way back to the path way, you can feel reassured knowing that you can deal with anything that comes your way in your life. That you have many inner resources and you can tap into them whenever you need.**

**[5 seconds]**

**And so stepping back on that path way. The path way that leads back to your everyday world. And so you can just allow the images to fade there, knowing that you can return to them again.**

**[5 seconds]**

**Coming back into the awareness of your body. Noticing how relaxed your body is.**

**[5 seconds]**

**And just spending few moments there now.**

**[5 seconds]**

**You are feeling a sense of calmness – a sense of deep, deep calmness.  
And you know that you can carry this calmness along with you  
throughout the day.**

**[5 seconds]**

**There is ease that you have come back into the room. And now you can  
open your eyes feeling refreshed and alert. You come with new hope  
and new beginnings. All the best!**

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## **8. Complete Relaxation – 45 minutes**

**Welcome to this very special meditation for deep relaxation. By the end of today's meditation, you can expect to see a subtle change in yourself – a little more positive, a little more relaxed and calm. So, to begin, get into a comfortable upright seated position. Let your seat be firmly planted even into the chair and your feet are flat on the floor. Imagine your torso is gently lifting out from the pelvis area. And this allows your body to be long and straight. Take your time to adjust your posture. Let your chin be parallel to the floor.**

**[5 seconds]**

**When you are ready, gently close your eyes.**

**[5 seconds]**

**Just staying with that awareness with the body for few moments. Now shift your awareness from the body and begin to be aware of your breathing. And just let your breath be comfortable without any strain. Let's simply noticing your normal breathing coming in and out of the body and leaving the body. Stay with that for a few moments. Keeping aware of your breath.**

**[10 seconds]**

**Now in the next few moments you count your breaths as it enters the body on an inhale. You can count in a way so that your link inhalation goes along to a count of four. Usually about one counts per second that typically works well. When you reach the end, or the top of your inhalation, you should reach the number four on your counting.**

**[10 seconds]**

**Begin that process inhale and count of four and when you reach the top on the end of your inhale, hold the breath on the count of two. And then release the breaths slowly and just a loosely control way, While counting to 6 or 7. When you reach the end of your exhale breath, you should arrive at the number 6 or 7. And you notice that you can exhale a little bit longer and you might have thought and then immediately repeat the process.**

**[5 seconds]**

**So inhaling to a count of 4, holding to a count of 2 and exhaling to a count of 6 or 7. Now if counting, 1 count per second feels a little bit too difficult. You can just speed your counting up a little bit. Now repeat this process and keep everything the same, but will work toward exhaling to a count of 8.**

**[5 seconds]**

**So inhaling count of 4, holding for a count of 2 and exhaling to a count of 8.**

**[5 seconds]**

**Continue this process.**

**[2 minutes]**

**Relax. Breathe gently at your relaxed pace.**

**[30 seconds]**

**Bring a gentle awareness on the natural rhythm of the flow of your breath.**

**[20 seconds]**

**Now begin to imagine you are in a large space or warm safe space with white walls, white floors, and bright white ceiling. And you pause to fully take in the beauty of this moment. And you see door form in the room. Now allow the door to appear fully. And you pause to fully take in the beauty of this moment. And then slowly start walk towards it.**

**Notice all the tiny details of your door. The shape, the size, style, the texture and colour.**

**[5 seconds]**

**Notice what it is made out of. And what the door handles looks like. Notice all the details. And then begin to reach your hand forward to the door handle. And open the door the step through it.**

**[5 seconds]**

**As you close the door behind you and you find yourself in the most beautiful outdoor space.**

**[5 seconds]**

**You start to marvel the world around you.**

**[5 seconds]**

**The colours seems so vibrant. The grass is emerald green, the sun beings brighter and of the bluest of sky.**



**[5 seconds]**

**Wild beautiful flowers float around the garden. And you pause to fully take in the beauty of this moment. Beautiful butterflies dance in a gentle breeze.**

**[5 seconds]**

**And the Sun's golden rays give warmth to your skin. And you pause to fully take in the beauty of this moment. As you look down, you see that you are bare feet. And you wiggle your toes in the nutrient rich soil.**

**[5 seconds]**

**Take a deep breath into enjoy the scent of the flowers. Noticing that how fresh and clean the air is.**

**[5 seconds]**

**There is no one else around. This is your own space. The more time you spend here, the more you notice minute details.**

**[5 seconds]**

**You see everything is filled with so much aliveness. As you breathe deeply to draw this aliveness into your body and let yourself take in the immense and subtle beauty of the nature around you. And you pause to fully take in the beauty of this moment.**

**[5 seconds]**

**And then one particular butterfly flutters and dances just in front of your face. And as you watch it begins to fly forward down on a smooth path in a garden. You start to follow the butterfly. Notice how its wings shimmer in the bright light. Letting it lead you down the right path. Keep noticing any details when they arise.**

**[5 seconds]**

**As you start to approach a forest filled with tall pine trees and oaks. Feel the crunch of fallen leaves beneath your feet.**

**[5 seconds]**

**And the earthly, woody majestic scent of the forest. And you pause to fully take in the beauty of this moment. As you move through the clearings and the trees some life flickers as the branches move.**

**[5 seconds]**

**You know that you are heading somewhere really so much special. And you begin to notice a sound. It's the sound of trickling water. And with each steps that you take, the sounds become louder and louder.**

**[5 seconds]**

**You think that this water must be more than a steam or even a river as you approach a huge clearing here. The sound is so loud now and you begin to see the most breathtaking and beautiful waterfall in the clearing.**

**[5 seconds]**

**This waterfall is so perfectly divided into beautiful tress.**

**[5 seconds]**

**As you walk towards it, you are amazed by its beauty and begin to dip your toes into the clear water. And you pause to fully take in the beauty of this moment.**

**[5 seconds]**

**The water feels the most perfect temperature, just as you would want it to be. And you feel like taking a nice dip.**

**[5 seconds]**

**You realise that this is not an ordinary waterfall. It has the healing properties of its own.**

**[5 seconds]**

**And you sit down on the edge of the healing waterfall pool. And let your legs down go in the healing water. And you pause to fully take in the beauty of this moment. You now notice the refreshing quality of the clear water. As you allow yourself into the pool. Swim towards the healing waterfall.**

**[5 seconds]**

**As you approach the healing waterfall, you see a smooth, stern ledge placed with a beautiful rock. As you climb onto it and allow the water**

**to wash over you cleansing your whole body feeling the healing water wash away and if any physical pain, tension, stress, or tightness.**

**[5 seconds]**

**Let the water cleanse each and every inch of your body. Let the water carry away any physical issue ready to be released.**

**Feel the powerful rejuvenating qualities of this healing waterfall as you enjoy this cleansing process for the next few minutes.**

**[30 seconds]**

**Notice the difference in your body. Perhaps you feel like the weight have been lifted out of your shoulders or you feel more energies.**

**[5 seconds]**

**Notice the healing effect of the water on your physical body. And let yourself enjoy these new and subtle feelings.**

**[5 seconds]**

**As you thank the water for cleansing your physical body and thank your physical body for all that it does for you, you begin to slowly make your way out of the healing waterfall as you climb out on to dry land.**

**[5 seconds]**

**You notice some steps leading out to the next tail of the healing waterfall. So begin to climb up by one by one. Feeling the spray of the healing waterfall on your skin and inhaling the scent of the line trees and forest leaves. Climbing up and up.**

**[5 seconds]**

**Feeling the smooth rock beneath your feet. And you pause to fully take in the beauty of this moment.**

**[5 seconds]**

**And you approach the second tail of the healing waterfall. It is even more beautiful than the last one. The water gracefully falls into a smooth pool that is surrounded by boldest before flowing down to the healing waterfall below. You notice the sign next to the water's edge.**

**[5 seconds]**

**And does you approach you read the craft in the sign. The less you know that this healing waterfall has the ability to cleanse and clear your emotional body. That it is able to carry away any stuck and stagnant emotions that you are ready to release. This could be anything to sadness to grief. Or fear or anger.**

**[5 seconds]**

**The water is able to gently wash away these emotions from your body. You start allow yourself into the pool and weight over to this beautiful healing waterfall. For the another stone ledge lies underneath.**

**[5 seconds]**

**You allow the water to wash over your head and body. You notice the sensation of the water cleansing the whole of your body. That too move through you and find you the areas where you have stored all emotions.**

**[5 seconds]**

**And give the water the permission to carry away any emotions that you want to release.**

**[5 seconds]**

**Breathe deeply allow your breath to soothe your body.. And let the water carry away that which no longer serves you... ..you may notice emotions arise ... Sometimes sadness may be, or any other emotions.. Just keep breathing.... Being in the moment**

**[5 seconds]**

**Let the emotions bubble up and then the healing waterfall washed it away... Let the water carry the emotions to be renewed or transformed to something new and beautiful.**

**[5 seconds]**

**Last few moments here. Do you feel lighter more free or spacious?**

**[5 seconds]**

**And you thank the healing waterfall for helping to cleanse away all emotional leftover.**



**[5 seconds]**

**And thank your emotions for teaching you whatever times to let them go.**

**[5 seconds]**

**You begin to get out of the healing waterfall and you see small stones steps leading you to the tails of the healing waterfall.**

**[5 seconds]**

**And began to walk up these stone steps. Slowly and mindfully. And you pause to fully take in the beauty of this moment. Breath by breath. Step by step.**

**[5 seconds]**

**Until you have arrived the highest of the three healing waterfalls you take a moment to admire its ultimate and beautiful magnificence.**

**[5 seconds]**

**The spring of the healing waterfall have made it a mini rainbow.  
Butterflies and humming birds around the water's edge.**

**[5 seconds]**

**Take a moment to take it all in And you pause to fully take in the  
beauty of this moment. And now this final healing waterfall can cleanse  
your mental body.**

**[5 seconds]**

Excited you slip into the healing waterfall. Once more and begin to weight  
over onto the smooth sledge. Just underneath the healing waterfall. you  
instantly notice its deep cleansing abilities as its access you to releasing that  
negative self talk, anything self defeating. Anything that does not serves  
you, is gently washed away by the pure healing waterfall. And you pause to  
fully take in the beauty of this moment.

**[1 minute]**

**Take a deep breath and notice the difference in your mind. Does it feel  
more still? Do you feel calmer, better or refreshed?**

**[5 seconds]**

**Notice the power of the water and the effect it has on your mind. And just take a moment to appreciation of this healing waterfall for helping to clear your mind.**

**[5 seconds]**

**And take a moment of gratitude for your mind and all it does for you. And you slowly start to make your way out of the healing waterfall to the grassy area.**

**[5 seconds]**

**Allow the Suns Ray's to naturally dry your body. Let the sun recharge you, like a battery recharging up.**

**[5 seconds]**

**Notice how nourish you feel. As a blue butterfly appears once again fluttering in front of you. You know it's time to return.. So begin to follow it back.. Back down the steps .. Slowly and mindfully. One by one.**

**[5 seconds]**

**And each step you take, you feel more relaxed and more vibrant, More alive.**

**[5 seconds]**

**You have reached the bottom of the healing waterfall. You can feel fallen leaves underneath your bare feet.. Enjoying all the sound. Then walking back into the garden. Enjoying each step you take. And pausing. And enjoying every moment.**

**[10 seconds]**

**Noticing how light you feel, how renewed and refreshed.**

**[10 seconds]**

**When you are ready to get up, slowly say to your toes: be alert. To your legs: be alert. To your thighs: be alert. To your stomach: be alert. To your chest: be alert. To your arm: be alert. To your hands, be alert. To your face: be alert. And to your head: be alert. Now take three deep breaths filled with gratitude.**

**[10 seconds]**

**Namaste!**

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## **Drifting off to Sleep – 20 minutes**

**Lie down into a position of ease and comfort. By now, you should be done with all your chores and the only box left un-ticked on your to-do list should be a good night's sleep.**

**Sleep is important, much more important than we value it. How we spend our day depends on how we wake up in the morning. And how we wake up depends on how well we slept through the night. The cycle of life is so much dependent on the cycle of rest and wakefulness. Yet we take our sleep for granted. We acknowledge it only when things seem to be going out of control. When a lack of sleep begins to hamper our health or our work life. Still it's never too late to focus on improving sleep quality.**

**With daily practice of this sleep meditation, you'll notice a gradual shift in your rest cycles. You will begin to fall asleep faster and the quality of your sleep will also improve.**

**[5 seconds]**

**So, it's time to begin our today's meditation for sleep. Move and adjust your body to a comfortable position of rest. Close your eyes. Take a minute to connect with yourself.**

**[5 seconds]**

**How do you feel? Do you sense any tension in your body?**

**[5 seconds]**

Let's check, starting with your feet. Notice any tension any tightness in your toes? In the soles of your feet.. now your knees.

**[5 seconds]**

**And let this go... Release the stress.**

**[5 seconds]**

**Moving up to your thighs. And now your back. Again notice any tension... any tightness and release the stress..**

**[5 seconds]**



**Now focus on your chest area.. and now your shoulders.. moving on to your upper back.. Look for any tension and release it.....**

**[5 seconds]**

**Now relax your neck. Now the space between your eyes... and your forehead... and your ears... and your tongue. And now inside of your mouth. Find any tension and then release them with a long exhale.**

**[5 seconds]**

**Now move down towards your arms, your elbows, and your hands. Now your fingers. Any sort of pain or stress. Just take a deep exhale and release the stress.**

**[5 seconds]**

**Now take a deep breath in and when you exhale, feel the release of all the leftover stress from your body in one go.**

**[5 seconds]**

**Your body is now light and weightless like a feather in a wind. Floating and drifting off slowly and gently on a soft bed of clouds. You can feel that you are supported. You know that you are being taken cared of.**

**[5 seconds]**

**And you glide on this cloud of comfort and relaxation. Wandering aimlessly.**

**[5 seconds]**

**Feeling so relaxed and peaceful.**

**[5 seconds]**

**Now I invite you to reflect on the day just gone. We will think about the pleasant and unpleasant memories and free you from their burdens, if you feel any.**

**[5 seconds]**

**Now think about your day with the intention of releasing any negative emotions that may be lurking in some corner of your mind. So, If**

**anyone wronged you today, take a big exhale and let it go.**

**[5 seconds]**

**And if anyone hurt you today, intentionally or unintentionally, take a big exhale and let it go.**

**[5 seconds]**

**if anything worried you today, take a big exhale and let it go.**

**[5 seconds]**

**Collect all the worries and stress and grief. Take a big exhale and let it all go.**

**[5 seconds]**

**And if you felt frustrated, unwanted, disturbed today for any reason whatsoever just take a big exhale and let it all go.**

**[5 seconds]**

**You have every right to sleep peacefully and if any thought or worry hinders your sleep, you must breathe it out. And you will be amazed at how well this technique works. For the problem exists only in the mind, and you can release it on your own.**

**So, if there's anything still left that you feel does not serve you, it's time to simply let it all go. Take three deep breaths, and with every exhalation, feel yourself becoming lighter and lighter, releasing every negative emotion or feeling. Starting now with the breathing.**

**[20 seconds]**

**And you feel so relaxed and free and light. You have nothing but a feeling of deep relaxation within you.**

**[5 seconds]**

**And in the centre of your chest visualise a white light shining brightly. Now visualise this white light, spreading and filling your entire body with positivity and relaxation. Feel your body engulfed in the positivity of this white light.**

**[5 seconds]**

**You feel protected and secure. You feel relaxed and ready to sleep. You can feel your getting heavier with sleep.**

**Standing at the doorstep of sleep, all you need to do is just step in and you will find yourself getting into deeper levels of sleep. Now, I will be counting from 10 back to zero. With each number, your level of relaxation will double and by the time I reach zero, you will be fully asleep. So starting now.**

**10, 9, 8, 7, 6, 5, 4, 3, 2, 1, and 0... deep, deep sleep.**

**Good Night!**

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## **2. Relaxed Sleep – 20 minutes**

**Before we begin this meditation for sleep, I assume that you are already in your bed, ready to enter the world of deep and peaceful slumber.**

**So, let's begin. Close your eyes. Let us do some breathing exercises. Breathe in through your nose, and breathe out through your mouth.**

**[5 seconds]**

**Becoming aware of the breath.**

**[5 seconds]**

**Becoming aware of the heartbeat.**

**[5 seconds]**

**Aware where you might be holding tension or just comfort.**

**[5 seconds]**

**and also directing your attention to any place that feels neutral.  
Acknowledging that the place feels good ..and as you breathe just a bit  
deeper ...your body softens into the surface you are on even more..  
letting in completely support you.**

**[5 seconds]**

**And bringing your attention on the very top of your head. And as I  
direct you through the body you simply have to notice that part of your  
body and that your subconscious give the command to relax... top of  
the head relax... forehead, eyes and temple... relax.. nose , mouth and  
jaw relax.. hold back of the head.. relax.. neck, throat and vocal cords,,  
all relax.. right shoulder.. rightarm..allthe way down to the wrist..  
relax.. right hand and all 5 fingers relax...**

**[5 seconds]**

**left shoulder.. left arm..all the way down to the wrist.. relax.. left palm  
and all 5 fingers relax...chest, lungs and heart.. relax.. belly... digestive  
organs.. and all other major organs .. relax.... Upper back, mid back,  
and lower back all relax..every single water breath.. and the supple  
discs inbetween saffron.. and find spaciousness... hold back.. relaxes  
deeper...into the soft surface into your arm.. and whole front body  
softens and relaxes even deeper down to the back...**



**[5 seconds]**

**Left pelvic half.. right pelvic half.. whole hips structure.... relax.. right glut left glut.. and area around the tail bone .. all relax.. right thigh. .. right knee.. and right shun.. relax.. right ankle.. right foot and all 5 toes relax... left thigh. .. left knee.. and left shun.. relax. Left ankle..let foot and all 5 toes relax... whole lower body heavier and relax..**

**[5 seconds]**

**whole body all together relax.. and as you feel your whole body deeply relax.. and start to notice that your brain waves have slow down.. how your thought have began to slow down.**

**[5 seconds]**

**And as if you are watching your thoughts.. float in..and float out.. just like you would notice clouds.. passing slowly in the sky .... You become aware of this space between your thoughts..that neutral pause of nothingness.**

**[5 seconds]**

**You are also be aware of the speciousness in your body..and the space that your body takes.....you might also notice the space between each**

**one of your breaths that natural gentle pause between inhale and exhale and between exhale and inhale.....**

**[30 seconds]**

**And you are gently falling asleep.**

**Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax,  
sleep, breathe. Breathe, relax, sleep. Sleep, breathe. Relax, sleep,  
breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep,  
breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep,  
breathe. Breathe, sleep. Sleep, breathe relax. Relax, sleep, breathe.  
Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep, breathe.  
Breathe. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax,  
sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep.  
Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep,  
breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, sleep,  
breathe.**

## **Sleepy Ocean – 20 minutes**

**Lie down comfortably for sleep. Become settled, feeling your breath moving in and out. we are going to focus in on our body by doing a visualization , releasing tension from every part of the body.**

**[5 seconds]**

**Find a steady slow breath. With it each inhale breathing in relaxation, with each exhale breathing out tension.**

**[5 seconds]**

**Each inhale and exhale bringing you into a quiet , comfortable , relaxed state. Now focus on the top of the head and visually draw a line on your forehead, your nose, your lips, chin, your neck and chest all the way down. Just putting your body into two separate houses.**

**[5 seconds]**

**Focusing now on your toes, on your right foot, picture them as a body of water.**

**[5 seconds]**

**Your whole body is water. On your next exhale visualize the release of the tension, your toes one by one melting away, trickling away from your body like gentle water dissipating smoothly , quietly and softly.**

**[5 seconds]**

**Moving up from your toes relax the tension on your whole foot, your ankle , your calf.**

**[5 seconds]**

**Visualize the tension melting away just like water. Now visualize your knee , your leg ,all the way up your hip.Releasing like a water trickling away from your body. So much relaxation.**

**[5 seconds]**

**Moving up through your belly, your shoulder and down your right arm, each finger , all the tension being released trickling away, dissipating into nothingness. Now focusing up the shoulder , then neck, your face ,all the tension has melting away from you, trickling away. Now focus on the left side of your body , beginning with the left foot, releasing the tension in each of your toes. visualizing the tension**

**washing away from you like water. Becoming nothing, dissipating, evaporating trickling away.**

**[5 seconds]**

**Move up and release the tension in your foot , your ankle , your calf, your knee , your thigh and hip. Keep working your way upward, releasing the tension washing all of the tensions away like water. Move up your belly, your chest, your shoulder. Now down your left arm, releasing the tension in each finger, your hand. Visualize the tension dripping away from you like water droplets. Gentle and smooth, soft and serene.**

**[5 seconds]**

**Visualize now your neck, your face releasing any tension you may be holding and let it go wash away now. Your whole body has been released. You have completely evaporated all of your tensions into a body of water that you are now a part of. Feel yourself steady, quiet and slow.**

**[5 seconds]**

**Breathe here, continuing to fill you up with relaxations with each inhales and exhale any remaining tensions..**

**[30 seconds]**

**I would like to invite you now to come on a journey, journey to the ocean, down to the beach.**

**[5 seconds]**

**Perhaps you can begin to feel sand noticing as the touch the sand. Each inhale you can feel all the individual grains of sand as you run them through your fingers. May be you can feel them under your feet as you are walking.**

**[5 seconds]**

**Sometimes it soft, sometimes it's quick's ,sometimes you walk further down the beach.**

**[5 seconds]**

**Where the waves are coming up from the shore. Sand here is much more firm. And fill toning a natural temperature of the water. Usually slightly cool than your body temperature.**

**[5 seconds]**

**On a warm sunny day. Has you reach this point the waves begin to gently come on to the shore. You may choose there to sit, stand or lay down. And as you sit dos you can feel as the wave is coming, it's totally going off your toes..**

**[5 seconds]**

**As the cool ocean water is gently touching your feet and you see it's back wave. Taking with it away any tension any stress.**

**[5 seconds]**

**As a next wave comes around the shore. Comes little bit further of the beach. Comes over your toes.Covers your entire feet.This cool calming peaceful energy. As its drools back away. Takes any tension, stress in your feet. Leaving up you feel more relaxed more calm.**

**[5 seconds]**

**And as the next wave coming in on the shore, you begin to feel that the tide is about to coming in.**

**[5 seconds]**

**It's not fear, just safety on relaxation the calming relaxation coming in. The wave touch your toes , touch your feet's of your calves, of your knees. Lower parts of your legs.**

**[5 seconds]**

**This feeling is just so cool. Calming relaxing water. As it receives it takes any tension, any stress. Or worries.**

**As its cleansed your body.. Next wave comes in again. Over your toes, fingers your calves and this time right ups to your waist.**

**[5 seconds]**

**Just gently it Comes to sink you this cool pristine water, sparkling and clear the gentle. And it receives once again. Just taking away any stress, any tension , any worry. Easing any sore thoughts, taking it backyard.**

**The next wave comes in. Spring into this smooth, calming peaceful energy, rolling up to your toes, your feet. Around your calves, over your thighs , over around your waist and up to your chest. Gently lapping over your shoulders. Of your arms , of your hands, of your**



**shoulders. Just rushing up around the back of the skull. Just gently cradling your head.**

**[5 seconds]**

**This peaceful calming energy. And else you receive it again its waves goes by now. Taking away any remaining tension, or stress or worries. Making you calm and relief.**

**As you lay down on a shore, the waves come in and out. Just crossing your body. Like a gentle light touch, massage.**

**[5 seconds]**

**Occasionally thoughts may pass, may come, may enter.**

**[5 seconds]**

**They too are taken with the waves as its receives. Allowing you to just peaceful sit in this peace. Feeling completely relaxed and released.**

**[5 seconds]**

**You feel your body more light. Perhaps you may notice the tide is just slowly coming in. Perhaps this time as the waves comes in. You start to float. Just gently taken off the sand. You are just floating here.**

**[5 seconds]**

**Floating in this calming , blissful, peaceful sensation of the ocean.**

**[5 seconds]**

**Just allowing yourself few moments of peace., drifting now. Just enjoying the sensation of feeling completely free.**

**[5 seconds]**

**Slowly.. You may being to notice that the tide is gently going out. Just as gently as when the ocean picked you up. It's now gently pacing you back on the sand. Lovingly, gently place you back on the beach. And you continue to rest in this position.**

**You know you are safe here. You decide to rest. You are already feeling so sleepy. You are gently drifting off into your dream world now. Good Night!**

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## **4. Worriless Sleep – 30 minutes**

**Lie down in a relaxing position. Adjust your pillow and blankets. Make sure you are all set for a good night's sleep. Be very relaxed. Allow yourself to breathe your natural breath. Give yourself the permission to relax. Noticing the breath. Witness the inhale, and the exhale.**

**[5 seconds]**

**Notice if it's smooth and steady or may be shallow. Without controlling the breath just notice the breath absorb the breath. And as you observing the breath, you notice the naturally smoothing out.**

**[5 seconds]**

**Allowing the body, in the breath to return to its natural state. Inhale, and exhale, each and every breath you take make you even relax more and more. Each and every breath you take in the body with relaxation. Giving your body permission to relax, all body relaxes now. Give yourself permission to relax. Saying the word to yourself Relax, Relax, Relax!**

**[5 seconds]**

**Now being the witness to the body, observe the body, notice the body, starting to relax, starting to slow down. Calm and steady.**

**[5 seconds]**

**And allowing the thoughts to just be, allow the thoughts to arrive. [5 seconds]**

**Nothing to do or control the thoughts, just allow the thoughts to be.**

**Now, let's get started with the meditation.**

**We are going to go back in time. Imagine you are about 3 years old. What do you look like? what do you wearing? where are you?**

**[5 seconds]**

**Are you in your childhood home or hiding in your favourite spot? Are you at school with your friends?**

**[5 seconds]**

**I want you to imagine that you are wearing a backpack of your favourite colour. And the bag is empty. It does not have any baggage.**

**[5 seconds]**

**You start to walk along in timeline on in your life. Still wearing the backpack. now think about you at age of 7. How have you changed? How do you look? Has anything in your life been difficult yet? Whatever it is you place the weight of worry, of grief into your backpack. And you keep walking.**

**[5 seconds]**

**And you meet your 13 year self. It's an awkward stage. Glasses, braces, acne. You feel a lot of shame of not being prettier, smarter, more athletic, or wealthier. You should have the weight of shame on your bag, you will deal with later. Now you start to pay more attention on the bag. You feel it weight more and more.**

**Now walking along envision an 18-year-old version of you. You are finishing high school or you may be headed to college. Lots of big shifts around your horizons. There is lot more responsibilities placed on you. No one is really taught you how to deal with that. Place that weight in your bag pack.**

**[5 seconds]**

**And now the bag is more noticeable.**

**[5 seconds]**

**However, it's not yet unbearable but carry that around with you is exhausting.**

**[5 seconds]**

**So you walk along .you think about being 22, may be you are out of your own for the first time.**

**[5 seconds]**

**You are tempting to make something of your life, may be you are trying to get very first job. You are met with rejections after rejections.**

**[5 seconds]**

**You start to think that may be you are not just good enough. See you add a little more weight for worry or what your future holds.**

**[5 seconds]**

**The weight of shame of not being up to mark with what has been expected of you. The weight of isolation or you feeling lost and not enough but being unable to share that with others.**

**[5 seconds]**

**Now the bag pack just getting heavier each step.**

**[5 seconds]**

**Your shoulders, your feet, your whole body feel burden by the weight that is filled with disappointments, pain, loss.**

**[5 seconds]**

**You continue walking, past mistakes, let downs, people you have kept in your life far too long. And there is heaviness in a bag. And some of them is really doesn't feel just to carry. Your shoulders ache, you are tired. You carry on collecting more fears, anxiety, confusion, isolation. And each emotion adding more weight to the bag.**



**[20 seconds]**

**Then you meet yourself at your current age, impact so full, so much substantial that you are not really sure that what's going on. And just a bit you see the edge of a cliff.**

**[5 seconds]**

**And you walk still wearing a bag. And you pause. You see a sign nearby there that simply reads “Unload bags here.”**

**[5 seconds]**

**And of course you are hesitant. You have carried this bag with you for years, decades even. Its heaviness has become a part of you.**

**[5 seconds]**

**You even identify the part of yourself as the pack. But then you ask yourself, “What do I gain by holding on to this bag .do I really need to hold on to the years of worry, fear, anger , suffering. What am I so afraid of happening. If I release this worry and control. “**

**[10 seconds]**

**You finally decide to empty the contents of the bag. A lifetimes of burdens left from your shoulders. You stand taller, you breathe easier. You feel free from the worry, fears, and sadness. You have been carrying around.**

**[5 seconds]**

**And as you walk away from the cliff, you take a decision, from here on you choose to fill the bag with positive moments, peace, ease, joy. Things that are much lighter and easier with you along your journey.**

**[5 seconds]**

**The fear, the worry, the pain that still show of your up in your life. From here you have learned to sit in these moments just simply feel your feelings rather than adding the weight of them to the bag to deal with it later.**

**[5 seconds]**

**In those heavy moments, you imagine the weight of these hard emotions, you simply falling off the ledge of the cliff.**

**[5 seconds]**

**And so you move ahead, back pack in hand light as it to be.**

**[20 seconds]**

**Now you are free. You are relaxed. And you are ready to fall into a worriless sleep.**

**Now in a moment, I want you to count slowly backwards in your mind. What I like you to do is to count by 100. And after each number just think in your mind the words deeply, deeply , deeply relaxed. And as you think those words in your mind, you find that you become deeply , deeply, deeply relaxed. So just count slowly backwards in your mind and any time you lose count , or you lose track , just start again at 100.**

**[5 seconds]**

**Any time you lose count just start again at 100. And once you're counting backwards with a conscious thinking mind, I am going to be talking to the deepest part of you. And you don't even need to listen to**

**me, because your sub -conscious mind hears everything that it needs to hear.**

**So don't forget anytime you lose count, or you lose track, just start again at 100. And allow my voice to enter very deepest part of your mind. That wonderful place, where those important changes in your life are already beginning to take place. My words can become your thoughts and your thoughts can generate a wonderful new way of being, and feeling, and thinking for you. But just for now, keep your mind focused on those numbers .counting slowly backwards from 100. Deeply, deeply, deeply relaxed. 99, Deeply, deeply, deeply relaxed and remember that anytime you lose count or lose track to just start again at 100. I want you to take your awareness once more down to your feet and imagine if you will, a sensation of warmth and heaviness, flowing in through the toes into the feet. Feel that warm come to a heavy feeling, flowing in through the toes , and into the feet.**

**[5 seconds]**

**Now let that feeling all over the heels and into the ankles. Then all the way up into the lower legs, over the knees and into the upper legs. Until both the left and right legs, become deeply , deeply , deeply relaxed.**

**[5 seconds]**

**Let that feeling, that relaxing feeling flow up now into the hips and into the thighs, into the pelvic area, relaxing the pelvis, and all the pelvic muscles. Now feel the relaxing feeling, flowing into the stomach,**

**relaxing the tummy and all the muscles there. Relax the chest and the shoulders. Just let them feel limp and loose and comfortable.**

**[5 seconds]**

**Limp and loose and comfortable. Now take that relaxing feeling over the shoulders and into the back. And relax the two big muscle there. One each side of the spine. Then the move the relaxation back to the pelvis, and let it flow all the way down the arms , into the wrist , the hand, the finger, the thumbs. Notice the warmth there , in the palms of the hands. There may be also a tingling sensation there.**

**[5 seconds]**

**A tingling sensation there in the palms of the hands. Let that relaxation spread up into the face and let all the facial muscles relax. The tiny muscle around the mouth, the nose and the eyes. Let the forehead feel smooth, soft and the cheeks feels flat and smooth and relax. Just allow yourself to relax deeply and comfortably. Your whole body is calm and peaceful now.**

**[10 seconds]**

**You are calm and relaxed. You are as relaxed as one can be. There's nothing more that you can do. There's nothing else that can be done. You are free. You are relaxed. You are ready to drift into deep, deep sleep. You already drifting into a peaceful restorative sleep.**

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## **5. Journey of Sleep – 30 minutes**

**Lie down in a position of ease and rest. Gently close your eyes. And maintain a gentle focus on your breathing.**

**[5 seconds]**

**Each breath you take slowly and easily take it deep inside yourself. And more deeply relax. Notice your breath. Notice the feeling of air, flowing smoothly in and out of your body.**

**[5 seconds]**

**Notice here your whole body relax with each breath. Notice how with each breath your mind becomes calmer and more relaxed. It is emptying of all thoughts. All those thoughts can wait until tomorrow. Right now, right now is the time to relax and feel your breath relaxing you as you relax your body, you imagine your body is a series of balloons with air valves attached. Let the air get out of these balloons.**

**[5 seconds]**

**Begin by feeling your feet. Feel the air valve open in your feet, feel the air flowing out slowly and your feet becoming relax. Feel any tension draining through that valve, leaving your feet leaving warm, loose.**

**[5 seconds]**

**Feel your legs, feel the valve legs are open in your legs and feel the air moving out and leaving your legs like some deflated balloons. Feel the air blowing out slowly, leaving out. Feeling relaxed so relaxed.**

**[5 seconds]**

**Feel the valve near bottom open, feel the air moving out slowly relaxing those muscles. Feel how relax your body is becoming. So relaxed. So free of tension. So relaxed.**

**[5 seconds]**

**Feel your back valve open, letting the air out, as it comes, all that tension coming out slowly as your back seems lower and lower on your bed.**

**[5 seconds]**



**All the muscles the in your back relax and sink into the bed and so relax. Deeper and deeper into the bed.**

**[5 seconds]**

**Feeling the belly button valve open, and the air flowing out. Each breath you take relaxes your belly more and, more. Your belly releases the tension that always with in it. Any thoughts you have been holding on to or any pain or tension you have been storing in your belly is now drifting in away out of the valve. And away forever.**

**[5 seconds]**

**Feel your arms and shoulder valve open, the air rushing out relaxing you, calming you. Your breath is so slow and calm, so slow and calm and relaxed.**

**[5 seconds]**

**Your arms feels so loose. Your arms can't not be moved, they feel so heavy. Your shoulders are sinking even now deeply into a bed. Relaxing, relaxing and relaxing you deeply.**

**[5 seconds]**

**Your neck felt now open, relaxation starts to flow through neck. As all tensions slowly flows away.**

**[5 seconds]**

**Your neck sinks deeply into the bed as your breath blows away any pain or tension. And you neck is fully able to relax. Finally and deeply relax. What a wonderful feeling.**

**[5 seconds]**

**You hair face and head valve now opens. You are far at relaxing so deeply and your face and head seems down deeply now deeply, deeply into the bed. Deeply down, deeply and ever be fall your face feeling so deeply relaxed.**

**[5 seconds]**

**Feeling let clam, comes with each and every breath now take those calming breaths so slow. Relaxing you deeply.**

**[5 seconds]**

**Your face is melting down now, it's so relaxed. Pay attention now to the valve at the top of your head. And in the valve with the bottom of your feet .feel the flow of the air and relaxation flow in your feet through head.**

**[5 seconds]**

**And to your head to your feet. What deep and wonderful feeling of relaxation. As you can continue to observe then feel this deep relaxing pose. And each time the pose moves to your head and your feet , you are moving into a deepest state of relaxation.**

**[5 seconds]**

**This pose to your head to your feet and to your feet to your head and entire to your breath is guiding you now into a deep relaxed state, to a place where you unconscious mind is listening to me is creating a wonderful life for you.**

**[5 seconds]**

**You are now starting to feel light and energized to deeply relaxed and move into the deeply relaxed state. Imagine your relaxed body is a vessel and transparent vessel with a small light in your solar plexuses.**

**[5 seconds]**

**And watch this light is a grandly grows slowly growing along with your wonderful feelings.**

**[5 seconds]**

**It's getting brighter, it's getting lighter, it's getting bigger and encompassing your chest then belly now.**

**[5 seconds]**

**Its brightness is incredible, you are feeling wonderful as light get bigger and brighter filling your body with wonderful feelings.**

**[5 seconds]**

**The light is near so big, it fills your whole body and so bright that the fantastic feeling you have how the most wonderful you have ever felt.**

**[30 seconds]**

**Now we move on to the visualisation part of this meditation.**

**[5 seconds]**

**Bring in to your mind the thought of a white sand beach.**

**[5 seconds]**

**The sand is warm, and as soft as velvet under your feet. The waves of the turquoise ocean in front of you, is making the gentle whooshing sound.**

**[5 seconds]**

**Just like your breath. This beach is surrounded by the tropical forest. You can hear the song of a beautiful birds like getting through the air.**

**[5 seconds]**

**You notice the leaves on the pine trees or moving in the wind. Making a soothing, rustling sound. You can hear crickets and tropical frogs**

**enjoying their life in the rain forest.**

**[5 seconds]**

**notice the different greens of the nature. To beauty in the way that each beach likes a sun light.**

**[5 seconds]**

**you can feel the gentle warmth of the sun on your skin.. Relaxing you. This place is the definition of ultimate peace.**

**[5 seconds]**

**There are white fluffy clouds in the sky. Very symbol the blossom, in its raw form. Drifting by slowly in the sky.**

**[5 seconds]**

**The sun's rays alternate between warming your skin, and being hidden behind the passing clouds. The beach sand turns into giant rock. That soar into tall caves along the water's edge, as you walks towards these caves you feel the sand moving under each step.**

**[5 seconds]**

**You gaze behind you and see a long strand of your foot prints sterling behind you. A rock formations become more massive as you draw closer..as you near the cave you find yourself under the shadow of its cliff. And the air becomes cool from the shade.**

**There is a large opening in a rocks.**

**[5 seconds]**

**It is a welcoming entrance. as you go inside a cave you can hear the sounds of the ocean waves become amplified as a bounce of the rock walls.... This cave is magnificent.**

**[5 seconds]**

**You can hear the sound of trickling water, so you follow it and find its source. Along the interior wall of the cave fresh water is spring from the walls.**

**[5 seconds]**

**Making the most relaxing sound of moving water you have ever heard. this water seems to glow although there is no sun light reflecting in the cave. It shimmers with light before your eyes.**

**[5 seconds]**

**You club your hands together and gather some of this water. Bringing it to your lips watering it is the most pure and refreshing water you have ever tasted. It nourishes in replenishes you. Hydrating every part of your being with its beauty...**

**[5 seconds]**

**The tropical birds know of this water source and make their way flying into the cave and cirping their beautiful songs.**

**[5 seconds]**

**There are all different types of birds.. large and small.. they land on the land of the cave. And drink the fresh water that is collected in various paddles. Bringing their beaks down, scoping the water, then raising their heads high to allow the water to trickle down their throats. They are not afraid of you and its almost as if you are the part of their flock.**



**[5 seconds]**

**These magnificent birds are so close, you can clearly see the beautiful rainbow of colors that make up their feathers.**

**[5 seconds]**

**Bright reds, yellows, greens and blues.. that match the water of the ocean.**

**[5 seconds]**

**Their eyes are surrounded by the crystal white skin and they look directly at you with kindness and curiosity.**

**[5 seconds]**

**After getting their fill of hydrating water they fly out of the cave and back into the rain forest .you take a moment to sit down in this cave.**

**[5 seconds]**

**There is the perfect shaped rock and it almost resembles a bench. Have a seat and close your eyes for a moment, tuning into the sound around you.**

**[5 seconds]**

**The waves, the distant birds, the trickling fresh water, the breeze ,each sound soothes you to your very soul.**

**[5 seconds]**

**Take a deep breath in and hear the sound of the air going in and out of your lungs. You can smell he clean soft water.**

**[5 seconds]**

**Open your eyes and see the cave towering above you .what a beautiful spot. You are ready to go back out and explore the beach, because it's got be little cool for you hear in the cave.**

**[5 seconds]**

**As you make your way out the cave and feel the sun rays begin to nourish your skin.**

**[5 seconds]**

**The water is so clear.**

**[5 seconds]**

**The sand becomes firm under your skin because its saturated with sea water. A wave comes closer and catches your feet.**

**[5 seconds]**

**At first the water seems cool but its actually the perfect temperature. The waves rush up to your ankles and your feet are buried into sand.**

**[5 seconds]**

**As you weight presses down into the earth. The clouds are passing by ever so slowly. You are beginning to feel tired from taking in all the beauty around you and just so happens that a blush bleacher climber is positioned facing the water, with a large white umbrella.. providing**

**the large amount of shade. Have a seat and position yourself on the chair.. so that all of your muscles can let go..**

**[5 seconds]**

**You are fully ready to take a long nap in this paradise. Inhale deeply the Sweetness of the air. Exhale into complete peace ..here the nature behind you .. the ocean in front of you.... And the breeze all around you..you can see the caves, you were exploring earlier in the distance. And can remember the crisp taste of the fresh spring water.**

**[5 seconds]**

**You can feel the cushioned beach chair supporting you ..every part of your body and mind are at peace and deeply relaxed. Ceasing out upon a big blue..you notice the arisen and how it is the only perfect place straight night in the landscape. You enjoy looking at how the oceanmeets the sky..let your body sink down.. melting any last bit of tension away...allowing the breath to allow you into a deep sleep.**

**[5 seconds]**

**Slowing down more and more..You can hear the sounds of the wave gently crashing down.. in and out as the waves comes and go. Just like your breath. Allow your eye to gently close as you rest on your beach chair .... You sleep deeply and soundly.**

**[5 seconds]**

**Fully rejuvenating as the hours passed by. Sleeping this well comes easily to you, you let everything go so that you sink at the restful sleep.. you deserve .. letting each breath relax you even more. Taking you into a deep sleep.**

**Allow your mind to drift and wonder wherever it takes you ..into the dream world.. where there are endless possibilities for you . to learn and grow.. and you drift off to sleep. And I count backwards from twenty. And with each number, your body will become double relaxed.**

**Twenty, Relaxed, completely relaxed.**

**Nineteen, Eighteen,**

**Seventeen, going deeper and deeper into sleep.**

**Sixteen, Fifteen, Fourteen, Thirteen.**

**Twelve, drifting down and down into a peaceful night's sleep.**

**Eleven, Ten, Nine, Eight, Seven, Six, Five, Four, Three, Two, One. And Zero. Deep sleep. Deep, relaxed sleep. Deep, relaxed, peaceful sleep.**

**[30 seconds]**

**Soft sleep envelops your entire body as you wander in the lands of your beautiful, surreal dreams. Drift off. Drift off into sleep. Gentle, relaxing, peaceful sleep. Calming sleep. Soft sleep. Sweet, relaxing, peaceful night's sleep. Beautiful, relaxing, soothing sleep.**

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## **6. Blissful Slumber – 30 minutes**

**This meditation is designed to take you into a deep state of sleep and rest, which will be helpful in making you feel refreshed and rejuvenated when you wake up in the morning. So, before we begin, make sure you have no pending tasks for the day. Get into your comfortable night clothes, arrange your pillows and blankets, adjust the room temperature to an optimum level, switch off the lights, and get into your bed.**

**[5 seconds]**

**I would suggest you to sit for with a relaxed back for the first few minutes and then lie down for the rest of this sleep meditation.**

**Once you are comfortably seated, join your hands in the Namste position, with thumbs touching the heart centre. Say your gratitude prayer, if you have one, or just thank the universe for the resources and blessings that you have. Say your own gratitude prayer. Be thankful for the food, shelter, and basic necessities. You can feel gratitude for having people in your life that support you. Show your gratitude for having access to this meditation. There's so much to be grateful for in this world.**

**[10 seconds]**



**Now bring your hands on your knees. Let's do some light physical exercise to relax the body. Start by moving your head from side to side. First turn your head to the left. Then right. Very nice. Now keep repeating. Left... and right. Left... and right.**

**[10 seconds]**

**Now moving your head up and down. Up... and down. Up... and down. Continue for a couple of times more.**

**[10 seconds]**

**Now rotate your head clockwise. Very slowly. Make full clockwise rotations.**

**[10 seconds]**

**Now anticlockwise.**

**[10 seconds]**

**Relax. Now raise your shoulders for a few seconds**

**[10 seconds]**

**And relax. Bring your shoulders to the rest position. Feel the release of stress from your shoulders. Now let's do it again. Raise your shoulders for a couple of seconds.**

**[10 seconds]**

**And relax again.**

**Now rotate your wrists.**

**[10 seconds]**

**Now rub your palms against each other. Feel the friction. Feel the energy being released from your hands in the form of heat.**

**[10 seconds]**

**Very good. Now close your eyes and gently bring your palms to your eyes. Feel the warmth of your hands being transferred to your eyes.**

**Feel your eyelids getting relaxed. Feel your eyes getting relaxed.**

**[10 seconds]**

**Now, I want you to lie down in comfortable position. You can adjust your pillows and blankets as per your comfort.**

**Relax yourself completely in your bed. And when you are ready, I want you to be aware of your natural breath as it flows through you. Follow your breath as it journeys through your body. Notice your breath in your belly, in your lungs, in your nostrils. Feel your breath flowing ever so easily. Feel its beautiful rhythm. Be one with the breath. Be your breath and flow in your body. Visualise yourself as your breath. Enter your body through your nostrils and travel to your throat, your chest, your lungs, and stomach. And flow back.**

**[10 seconds]**

**Relax. Now I want you to feel your whole body. First visualise your whole body in your mind and then feel it.**

**[10 seconds]**

**Very good. Now feel your entire back body settling into ground, into the Mother Earth. You will notice that your body will feel safe and**

**supportive. Your body feels safe and supported in the lap of Mother Earth. Feel at home. Feel free – free of worries and responsibilities.**

**Enjoy your breathing. Each breath makes you feel more and more relaxed, more and more at ease. Let ease and comfort flow through your being.**

**[30 seconds]**

**Now I want you to feel your body becoming heavy – very heavy.**

**[5 seconds]**

**Feel your body becoming heavy and relaxed and sinking into the earth – the gentle, loving lap of the Mother Earth.**

**Now say the affirmations:**

**“I release my fears and insecurities. I am divinely healed and protected. It is safe for me to rest and sleep.”**

**And again. “I release my fears and insecurities. I am divinely healed and protected. It is safe for me to rest and sleep.”**

**One last time. “I release my fears and insecurities. I am divinely healed and protected. It is safe for me to rest and sleep.”**

**[5 seconds]**

**A deep breath in. And a deep breath out.**

**[5 seconds]**

**Another deep breath in. And a deep breath out.**

**Now as I name a body part, bring your awareness to that body part and notice if you can feel any sensations there. Starting with the crown of your head. Do you feel any change in sensations there?**

**[5 seconds]**

**Now your forehead. Let it relax. Now your third eye, located in the in the space between your eyebrows. Now flowing to the back of your head and neck. The muscles in your cheek bones. Feel any sensations. Anything as simple as a change in warmth in that area.**

**[5 seconds]**

**Keep the body scan process very, very slow. Now, we move on to your eye balls, left eye ball, the right eye ball. Let them rest deep in their sockets. Feel your nose. The right nostril, and the left nostril.**

**[5 seconds]**

**The tip of your nose. sensing your nose. Do you feel any vibrations over there?**

**[5 seconds]**

**Anything? Now feel the sensations in your mouth. And your throat and tongue. Feel all the sensation in your mouth. Move very slowly and gently from one body part to the other. Now let the root of your tongue be completely at ease.**

**[5 seconds]**

**Bringing your awareness to the muscles in your jaw bone. Very nice. Now we are moving on to the front of your throat. Now your collar bones. Left and right. Feel both the collar bones be at ease.**

**Very nice. You are progressing at a good speed. Be very gentle. And feel that body part relax as you focus on it. Now feel your left shoulder.**

**[5 seconds]**

**Now moving on to your upper arm, elbow, left forearm, hand and all the fingers one by one, starting with the index finger, middle finger, ring finger, and pinkie finger.**

**[5 seconds]**

**Very nice. And now moving to the right shoulder, upper arm, elbow, left forearm, hand and all the fingers one by one, starting with the index finger, middle finger, ring finger, and pinkie finger.**

**Take a deep breath in. And release. Another deep breath in. Release.**

**[5 seconds]**

**I want you to bring your awareness to your chest. Now bring your awareness to your heart. Feel the beating of your heart. Feel the rhythmic beating. Feel the presence of your heart in your body. Be there for a while.**

**[5 seconds]**

**Now I want you to bring your awareness to your stomach. Now your abdominals. Moving to your hips. Now bring the awareness to your thighs, knees, lower legs, and feet and toes, all the toes one by one, starting with the big toe, second toe, third toe, fourth toe, and the fifth toe.**

**Now feel your whole body. Feel a sense of calm and relaxation envelope your entire body.**

**[5 seconds]**

**Now continuing with the body scan to relax you even further. Bring your focus to your upper back. Now your shoulder blades. The middle back, lower back, buttocks. Behind the thighs, knees, calves, heels, feet and toes. Sense the entire back of your body.**

**Now feel the front and the back body. Feel your whole body. Your entire body relaxing. And sensing your body. Once again visualise your body resting in the laps of the Mother Earth. Feel safe. Know you are taken care of. Now is the time to rest and sleep.**

**[5 seconds]**



**You can feel your body becoming very relaxed. You can feel the Mother Earth healing you as you rest in her laps. She knows that you need healing. So she is sending you the healing energy.**

**[5 seconds]**

**Visualise white healing light emanating from the womb of the Earth and entering your body through the soles of your feet and moving into your legs, and abdomen and chest, and shoulders, hands and arms, and neck and face and head. Feel the presence of white healing light in your whole body. Feel this white light healing your every cell, every muscle, every limb.**

**[5 seconds]**

**If there's a part of your body that needs healing, feel the pure healing light of mother Earth healing and curing that body part.**

**[10 seconds]**

**Repeat this for any body part that needs healing.**

**[20 seconds]**

**Feel the Mother Earth taking away all your physical pains one by one.**

**[30 seconds]**

**When you are done with your physical pains, feel all your mental stress and worries being released from your body and being accepted by the mother Earth. Feel your negative emotions and stress and fatigue being released from your body in the form of black smoke and visualise it entering the Earth.**

**[5 seconds]**

**Empty yourself of all the negative emotions and feelings and all that doesn't serve you.**

**[10 seconds]**

**Feel light and free and relaxed. You in the loving embrace of the mother Earth. Know that you are taken care of. Mother Earth provides nourishment and shelter and resources. She is always there for you whenever you need her. So, if at any time you feel being overwhelmed with stress or anxiety, feel that anxiety being released from your body and being accepted by the Mother Earth. Know that you are being protected at all times.**

**[5 seconds]**

**With this thought, visualise yourself completely at ease in the laps of mother Earth. It is safe for you to sleep and rest.**

**Good night!**

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## **7. Beautiful Sleep – 45 minutes**

**Lie down and relax in a comfortable position. So take a few moments to establish your position and get your body settled. And when you are ready, gently close your eyes.**

**And noticing the breath. Beginning to slow and deepen the breath. Breathing in and out to really invite rest and relaxation even deeper into each cell of your body.**

**Taking a clearing breath, letting go.**

**Breathing in... 2, 3, 4, 5, 6**

**Breathing out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Continuing on for a moment at your own pace.**

**Beginning to tune into your rhythm within you.**

**[1 minute]**

**Continuing to letting your mind feel the rhythm. Begin to allow your body to soften, your mind to find ease.**

**Noticing how you feel now with the rhythmic breath, the soothing breath, the nourishing breath. Allowing these feelings of relaxation and rest to flow through each and every cell of your body, relaxing even further.**

**[1 minute]**

**Now, bringing your awareness to your whole body. We will be meditating very slowly and with pauses so that you can let the relaxation sink in deep.**

**[5 seconds]**

**Allow yourself to get a real sense of your whole body right here, right now. Just take a moment to really experience the light of your body on the surface on which you lay or sit.**

**[5 seconds]**

**You may want to take a couple of deeper more conscious breaths in and out and use your out breaths to allow yourself to let go into the light of your body and really arrive in the place where you are.**

**[5 seconds]**

**Continue to use your out breath throughout mediation to let go of any tension that you feel you holding on to.**

**[5 seconds]**



**In the way that you feel yourself more realizing the energy to move away from this present moment. Use your breath to let go of this. Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[5 seconds]**

**Just give yourself a mission to be here now, in stillness, nothing to do, nowhere to go.**

**[5 seconds]**

**Now bring your mind full attention to down to your feet.**

**[5 seconds]**

**Really concentrating on your feet .the sensation of them touching the mattress, perhaps they wiggle or move your feet little and really feel the sensations in your feet right now.**

**[5 seconds]**

**Notice the sensation of the air on your skin, were it socks, were it blanket on your feet.**

**[5 seconds]**

**The weight, the warmth and the texture. See if you can notice any difference between how good feels. As you notice and feel your feet, with your out breath allow yourself to let go of your feel.**

**Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[5 seconds]**

**And feel the muscle softening and losing and letting go. If you feel your mind wonder just bring it back to the sensations of your body. Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[1 minute]**

**Now continuing to soften your body. Move your attention to your ankle to your calves.**

**[5 seconds]**

**And just notice again the sensation of the weight of your clothing on your skin.**

**[5 seconds]**

**And then safely you can allow your awareness to move up through the calves.**

**[5 seconds]**

**Feel what sensations might be here in this moment.**

**[5 seconds]**

**Perhaps some parts feel different to others.**

**[5 seconds]**

**And again if some areas feel tight, tense or uncomfortable just be interested to notice how they feel in this particular time.**

**[5 seconds]**

**Not good or bad just here now. Just noticing how you are really sensing the part of your body.**

**[5 seconds]**

**And then releasing your out breath, letting go. Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[1 minute]**

**Feel the muscles softening and loosening.**

**[5 seconds]**

**Relaxing, releasing and letting go. [5 seconds]**

**Now bring your awareness up through your knees into your thighs. A**

**[5 seconds]**

**nd again notice the weight of your thighs against the surface which they rest.**

**[5 seconds]**

**The fabric of your clothing. Notice how your thighs are feeling, one different from the other.**

**[5 seconds]**

**And then when you have a real sense of them, using your out breath really feel them relaxing and releasing.**

**[5 seconds]**

**Listen from the inside to the outside, just letting go.**

**[5 seconds]**

**Hold down through the thighs, into the calves, into the feet.**

**[5 seconds]**

**Allow the muscles to just melt down into the floor.**

**[5 seconds]**

**Perhaps they are feeling little bit heavier.**

**[5 seconds]**

**And now bring your attention to your buttocks, to your hips and pelvis area.**

**[5 seconds]**

**What sensations are present here?**

**[5 seconds]**

**Just notice the weight this part of your body and see if you really allow yourself to let go.**

**[5 seconds]**

**And it not help to imagine a big belt holding all of this body together, and you are just loosening it. And allow your body to soften.**

**[5 seconds]**

**Bring your awareness now to your belly.**

**[5 seconds]**

**And perhaps you can notice your belly because you can feel the sensation of the waist band of your clothing against your skin.**

**[5 seconds]**

**Perhaps you will notice that your belly is raising and falling with the breath.**

**[5 seconds]**

**You may even feel of emotional tension here.**

**[5 seconds]**

**And once you have notice your belly, just use your out breath, just allow your belly to soften and to let go.**

**[5 seconds]**

**With your belly relax, just see if you can sense now any feelings in your lower back.**

**[5 seconds]**

**And if is there any tension, and see if you can allow the sense of spine and softness in your belly to move into your lower back.**



**[5 seconds]**

**And allow your breath to let go here. Release and soften into your lower back.**

**[5 seconds]**

**Now move your attention up to your solar plexus. This is the area on the top of your belly and between the rib cage.**

**[5 seconds]**

**And again sense your clothing against your skin and notice any physical or emotional tension here. And then using your out breath just let go here and soften.**

**[5 seconds]**

**Even it take couple of more deep breaths. Just allow some space to into your this part of body. And the see if you can soften your rib cage as well. So that your breath can be free and easy.**

**[5 seconds]**

**Now coming up to your chest area and to feel like where your heart is.**

**[5 seconds]**

**Again just being aware of the chest rising, falling with the breath and feel the gentle rhythm of your body working with the breath.**

**[5 seconds]**

**Effortlessly breathing. How you feeling in your chest, in this space heal or you feeling tightness.**

**Just use your awareness to see how you are really feeling in this area.**

**[5 seconds]**

**And you can even allow your shoulders back to allow yourself to open up and release any tension here.**

**[5 seconds]**

**Use your out breath again to just feel yourself letting go and softening.**

**[5 seconds]**

**Now feeling into your arms, first the upper arms and then down through the elbows and into the forearms.**

**[5 seconds]**

**Just notice what's happening here and just soften and let go.**

**[5 seconds]**

**And down through the wrist and into the hand and fingers and see if you can allow yourself to let go of any tension here inside out. Just softening and letting go.**

**[5 seconds]**

**And just allowing our hand and arms to be really at rest. Focusing on body parts very slowly and with pauses, letting the relaxation sink in**

**deep.**

**[5 seconds]**

**Now move your awareness to your shoulders and notice if you are holding any tension here.**

**[5 seconds]**

**You might like to roll your shoulders gently and just get a sense of how your shoulders are feeling. Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[5 seconds]**

**Then gently allow your shoulders to soften and loosen and fall backing to sockets. Focusing on body parts very slowly and with pauses, letting the relaxation sink in deep.**

**[5 seconds]**

**Now bringing your awareness back to your neck. And just get a sense of how you are holding your neck.**

**[5 seconds]**

**If you feel any tension or any tightness here. And notice how you are feeling at the attachment of your neck, just at the base of your skull.**

**[5 seconds]**

**And in down to your shoulders.**

**[5 seconds]**

**Just noticing how you are holding yourself here, allow yourself with an out breath, just to let it go.**

**[5 seconds]**

**That any tension in your neck, all down and wash away of your back. Now extend that softness into the front of your neck and your throat.**

**[5 seconds]**

**And notice how you are holding jaw, and if your jaw feels tensed or tight.**

**[5 seconds]**

**If just want to rest your tongue on the roof of your mouth, and breathing with your mouth close through your nose, see if you let go of any tension on your jaw and then soften your tongue and you smile also, releasing more tension in your neck and your throat.**

**[5 seconds]**

**Now softening into your chin and your cheeks ,in to your lips, and just putting a gentle smile on your lips to soften your face even further. Letting go of your nose and softening your closed eyes.**

**[5 seconds]**

**Softening your eyebrows, all across your forehead. Just allowing your whole face to soften and to let go.**

**[5 seconds]**

**Now bring your awareness up to your scalp. And notice that you are holding any tension here, some time you feel as your scalp is tight or tired , or you can feel like its pulled into your skull.**

**[5 seconds]**

**Just notice how your scalp and then in an out breath just let go.**

**[5 seconds]**

**Let go of your scalp. Let it be completely be soften and allow your hair to grow little longer.**

**[5 seconds]**

**Now bring your awareness to your brain. What to you feels like what your brain is and notices if your brain feels tense or tired. Like it's pushing against the inside of your skull. Just see on an out breath, you can just release and relax your brain and allow to just pushing inside your skull.**

**[5 seconds]**

**Allow to just relax. Just get a sense of your body as it is and if you need to just continue to use your out breath to allow yourself to let go, any way that you might feel to holding on.**

**Once you feel that your body is more relaxed than present, begin to allow your awareness to wrist to the sensation of your whole body gently moving with your breathing.**

**[5 seconds]**

**See if you become to begin more and more intimate with this awareness and then allow yourself to follow your breath as it moves all the way into your body and all the way out.**

**[5 seconds]**

**Follow with the kind and gentle curiosity as you made every new breath for the first time.**

**[5 seconds]**

**From the tip of your nose all way to the bottom of your lungs.**



**[5 seconds]**

**Allowing your belly to expand in a soft and relaxed moment. And then all the way out of your body. Continuing to let go of any physical or emotional stress with every breath.**

**Now, take three deep breaths. Inhaling fully and then releasing fully. In... and Out. In... and Out. Now again. In... and Out. And relax.**

**[10 seconds]**

**You can feel a sense of deep relaxation covering your entire body right from the tip of your toes to the crown of your head. As if you are resting and relaxing in an envelope of peace. Every cell and every muscle in your body is relaxed.**

**[5 seconds]**

**You feel so light, so relaxed. Just ready to fall asleep. To help you sleep faster, let's count backwards from 100. So let's relax the mind by really slowly counting down from 100.**

**99... 98... 97... 96... 95... continue counting. Each number makes you feel comfortable and relaxed. If you lose count that's fine, just pick up from wherever you remember you lost count.**

**[The narrator must speak the numbers in fading voice]**

**95... 94... 93... 92... 91... 90... 89... 88**

**That's right. You are doing fine. Continue counting backwards. And if you lose count, just start again from where you left.**

**Feeling your breath as your companion, helping you to power down all that has happened throughout this day. Breathing in a sense of calmness and peace. and breathing out, just letting go. Allowing your breath to soothe and nourish you.**

**[10 seconds]**

**Your breath becomes slower, deeper.**

**Allow the breath to lower you deeper and deeper into sleep. [10 seconds]**

**It's okay to rest. [10 seconds]**

**You are held. [10 seconds]**

**Relaxing deeper and deeper.**

**[30 seconds]**

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## **8. Soothing Slumber – 45 minutes**

**Before we begin this meditation for sleep, I assume that you are already in your bed, ready to enter the world of deep and peaceful slumber.**

**Sleep is one of those things that we cannot force upon ourselves. The more we think about dozing off fast, the more difficult it becomes to calm our mind down. The trick lies in keeping things simple.**

**Let us do some breathing exercises. Breathe in through your nose, and breathe out through your mouth.**

**[5 seconds]**

**Let the breath flow effortlessly. Don't manipulate the flow in any way. Just observe the flow of your breathing.**

**[5 seconds]**

**Breathing is something you have been doing all day. But you never noticed it. You are alive because you breathe. But we always fail to appreciate the gifts we possess. We often whine**

**and complain about things aren't going our way. But we neglect the many gifts we enjoy without even asking for them.**

**So, now I want you to appreciate this gift of life. Your breath is the reason you are alive. For the next few moments, I want you to just focus on the breathing. Random, pointless thoughts may knock on your mind's door. You just maintain a gentle focus on your breathing.**

**[20 seconds]**

**You may notice that your mind wanders back and forth from the stories of the past to the worries of the future. Let it do so. You just continue to appreciate and focus on the movement of your breath.**

**[20 seconds]**

**Take a deep breath in. And release.**

**[5 seconds]**

**We will now do a body scan to release any stress that might be lurking in your body. Let's start with your toes. All of your**

**toes, all around them, all the way out till the tips. Now the soles of your feet. All the way to the front and to the back and side to side. Now your heels, the tops of your feet, your ankles, the calves on the back of your lower legs. And around the front to your shins. Feeling relaxed.**

**[5 seconds]**

**Taking a pause. Now moving to your knees, your upper legs, the hamstrings in the back, the bands along the side and finally the inner thighs. Feeling relaxed. Taking a pause.**

**[5 seconds]**

**Now your hip joints, outer hips, buttocks, pelvis, and pelvic bone, your lower abdomen, your belly button, around to your lower back, middle back, sides of your torso, chest, collar bones, upper back.**

**[5 seconds]**

**Now your upper arms, and all the way around them, now your elbows, your forearms, your wrists, and palms of the hands, backs of the hands, all of your fingers and all the way out to the finger tips.**

**[5 seconds]**

**Now back up to the neck. The back of the neck, the front of the throat, the whole back of the head, now your ears, chin, now in the tongue, your cheeks, eyes, eyebrows, and your forehead and finally the top of your head.**

**[5 seconds]**

**Feel your entire body, relaxed. Feel a sense of peace and relaxation cover your entire body. You are inside a cocoon of relaxation.**

**[5 seconds]**

**And relax and take a deep breathe in. And exhale.**

**[5 seconds]**

**Another deep breath in. And exhale.**

**[5 seconds]**



**Now keep breathing while focusing on your breath.**

**[20 seconds]**

**And as you exhale allow your eyes to explore and may be sink down where you sit and allow yourself to be as comfortable as you want to be.**

**[5 seconds]**

**Sinking down into the calming relaxation you know you want.**

**[5 seconds]**

**And take another deep breath in and exhale all the tension and stress.  
And a deep breath in and relax all of that tension and stress.**

**[5 seconds]**

**And another deep breath in , exhale and relax down , down, deeper and deeper , down.**

**[5 seconds]**

**As you hear my voice allow your mind to relax down.**

**[5 seconds]**

**Letting go of any thoughts. Allowing them to drift through your mind like beautiful clouds on a grey sky.**

**[5 seconds]**

**Drifting further and a further away as you sink deeper and deeper into that blissful dreamy calming relaxation.**

**[20 seconds]**

**And allow your mind and body to float. As if floating in the warm peacefully relaxing waters of a crystal clear lake.**

**[5 seconds]**

**Floating, drifting ,weightless.**

**[5 seconds]**

**As you gaze up at the clear vibrant sky.**

**[5 seconds]**

**Letting go of every care, allowing any troubles or worries to sleep out of your consciousness and your body as you just let them go and relax.**

**[5 seconds]**

**[5 seconds]**

**Just floating and peacefully relaxing. And as your body and mind calms, peacefully relaxing like this means you are releasing all that bothered you as you float to calming relaxation.**

**[5 seconds]**

**And you can relax even deeper now or later, as you float and drift, drift and float. Deeper and deeper into the lake of heavenly and calming relaxation.**

**[5 seconds]**

**The dreamy waters so crystal and clear, soothing and refreshing, calming as you drift deeper and deeper into calming relaxation.**

**[5 seconds]**

**And you can, can you not?**

**[5 seconds]**

**That will help you g even deeper and deeper now.**

**[5 seconds]**

**All you will feel even more relaxed, then before.**

**[5 seconds]**

**Doubling or may be even tripling or quadrupling your deep relaxation with each and every breath out.**

**[20 seconds]**

**And you drift deeper and deeper into that beautiful calming relaxation and find the gentle guards of the ever so peaceful relaxing like guiding you to that place you need to be.**

**[5 seconds]**

**For that alternate calming relaxation, that pure blissful calming relaxation.**

**[5 seconds]**

**And all the currents guide you through the warm and safe waters, you find yourself drifting into the gentle and peaceful flow that becomes the beginning of a grand river.**

**[5 seconds]**

**Flowing down into the calming relaxation, down into the unconscious mind of yours, down into the dream, where all things are heavenly possible.**

**[5 seconds]**

**And the further your drift the deeper you relax.**

**[5 seconds]**

**And the deeper you relax, the further you drift. Down, down and down. Just release and relax.**

**And as the river flows so gently, calmly down, you notice the trees.**

**[5 seconds]**

**They align to the lush through the bank and their tall branches hanging down into the water like finger tip.**

**[5 seconds]**

**Creating tiny ripples with a touch. The ripples moving out in all directions.**

**[5 seconds]**

**Infinitely decreasing and smoothing out to the crystal clear surface.**

**[5 seconds]**

**That you float upon, feeling so much light and so weightless. Not in a caring world.**

**[5 seconds]**

**The water refreshes your mind and rejuvenates body and senses as you drift along, floating down.**

**[5 seconds]**

**You relax even more than before.**

**As you drift down this dreamy river, your unconscious mind dreams of things you never dreamt.**

**[5 seconds]**

**And within your rounds of your powerful imagination you find yourself in a state of bliss where everything is in state of deep and wonderful calming relaxation.**

**[5 seconds]**

**As you explore this state of bliss, it penetrates into your very being, calming, easing, soothing, peacefully relaxing.**

**[20 seconds]**

**And in the middle of this dream is a tree with all of its limbs and branches dropping down.**

**[5 seconds]**



**As you approach you notice that tied to each branch of the tree is a piece of string.**

**[5 seconds]**

**And at the end of each string are weights of different shapes and sizes.**

**[5 seconds]**

**They are pulling the branches down. Weigh the whole tree down. And a closer look reveals the weights of grass and the filled with the darks swelling heaviness of worries and stresses and tension that you have held on to.**

**[5 seconds]**

**And you notice how weigh down the trees with the burden of all of these worries and stresses and tensions.**

**[5 seconds]**

**The branches are sagging, the leaves are dying and drying up from lack of light and rain. And tree grown under the pressure there and you feel**

**the burden deep inside.**

**[5 seconds]**

**And then you release these are the effects of carrying around all these worries and stresses and tensions are having.**

**[5 seconds]**

**Each way you to approach has engraved on the grass the worry , stress and tension that it is . and with great curiosity you look closely that one of the smaller weights of worry . Noticing how dark and heavy this massive worries inside is. And you wonder , what happen if you cut the string . cut the cord, that binds it to the tree. As you cut it the glass capsule of worry falls to the ground, smashing into the infinite numbers of pieces.**

**[5 seconds]**

**As the swelling massive worry escapes searching up into the sky free , travelling up and up and away.**

**[5 seconds]**

**Until it is out of sight.**

**[5 seconds]**

**And is then gone forever. And the branch size as the burden is relax and arises upward light and strong.**

**[5 seconds]**

**And the leaves catches the sun light, that energies them. and they return to their rush and vibrant state . The branch close with relief and you feel lighter inside .now that the burden is gone and you release that you can cut the cords to any and all the worries and stresses and tensions, That is burdening the tree down. That are burdening you down.**

**[5 seconds]**

**And you can do that now. Cut the cords to the worries , stresses and tensions that are burdening the trees. Burdening you down. Allow the to fall to the ground smashing into infinite pieces.**

**[5 seconds]**

**Letting the worry, stress and tension free to surge up into the sky, and out of sight forever.**

**Watch the branches reach up in relief as the burdens have lifted and the life and energy returns to the leaves and the lush vibrance, recharged brilliance as the glow of life returns to you. And cut all the cords you want now. And feel those burdens a lift as you free your body and mind now.**

**[20 seconds]**

**And sparkles of light fall around you and free you .cleansing your energy , feeding your soul with the purity of light .washing over you and through you as you float in a cloud. Drifting to eternity in a cocoon of light. Relaxing you freeing you.**

**[5 seconds]**

**Shedding those all thoughts and beliefs that were holding you down. Filling you with light and energy and life.**

**[5 seconds]**

**Floating, drifting, freeing as you relax of all that no longer serves you. In this cocoon of light.**

**[5 seconds]**

**And I know that you know that there is nothing else to do . except to just relax now. Allow all of this pure light energy to wash over you and through you. Filling you up healing all that needs to be healed and you can.**

**[20 seconds]**

**As you evolved within the cocoon, the reminds you of a time before time. Time before anything. Just an eternal moment. A moment when nothing bothered you and nothing matter.**

**[5 seconds]**

**You can just be whatever you wanted to be, easily and effortlessly. Gliding through eternity , a being of pure life energy. With no foam and no substance. At one with all things. And you are free and you are pure blissful energy. And everything is easy. Just relax.**

**In the nothingness of eternal light you begin to take form, form of purity and freedom, light and strong. And remember what it's like to be you.**

**[5 seconds]**

**Before life got in the way, to allow that memory to come back to you, now.**

**And the cocoon of light, you have been floating in, gliding through the infernal cosmos. Opens and you emerge. You are free from all those lands once held you back .you are free to be you . the purest form of you, created by the ancient light of eternal peace and love. Free once more to be you. There is such relief to be rid of those lands that no longer served you. Such relief and freedom,. You find it so easy. To just relax.**

**[20 seconds]**

**With All the cords cut , the tree has return to its former glory. Filled with life, as the branches now free .reach up to the sky in such relief is filled with a vibrant energy. And tree glows with a rich life source. You notice ,you too are glowing with rejuvenated energy and life.**

**[5 seconds]**

**Free from all those holding you down. Free to be alive and filled with energy.**

**[20 seconds]**

**The water ripples out, from your fingertips as you float along this river of drains. So peaceful and calming , soothing to the core of your being . as you gaze up to the night sky, the stars glistening down upon you. Light of the sun travelled across the space to descend upon you.**

**[5 seconds]**

**And be captured by your mind's eye. And on the river banks fireflies dance as they glow the peaceful dance of freedom and fancy.**

**[5 seconds]**

**Not a caring a world .while you glide along with the surface as you drift the guiding cards that have served you so well.**

**[5 seconds]**

**Guide you into the most blissful calming relaxation. So deep and free. And in this bliss , allow yourself to dream and wonder.**

**[5 seconds]**

**Filled with imagination and fantasy .the more you dream, the deeper you relax. And the deeper you relax , the more vivid the dreams. Just relax and dream. Dream and relax.**

**[20 seconds]**

**As you travel along the river, floating, gliding. The sky is illuminated with the vision of extra ordinary beauty. As all that hidden from you is revealed no. you are free of all that is being relax.**

**[5 seconds]**

**In the vision descends upon you, and floats gently above you , so that you can feel all of its energy . and it is the energy of the purist love, imaginable. It is light, and its light shines upon you. Infusing you with peace and calm , peaceful love. Watching over you and through you.**

**[5 seconds]**

**This peaceful love becoming one within you.**



**[5 seconds]**

**Allow yourself to be one with this love. As it infuses every part in you.  
Just relax.**

**[20 seconds]**

**In this vision the extra ordinary beauty and love transcends into you.  
Infusing you with all of its beautiful energy and you wonder, if this is a  
dream or real.**

**[5 seconds]**

**And you question what is real. As what is real to you, is real for  
you even if you are real is another's dream.**

**[5 seconds]**

**And river flows and the currents guides you .you know you can always  
trust the currents to guide you.**

**[5 seconds]**

**Where you need to go as you float along the river of dreams. Until you Gently washes on a sandy shore, the sand is so soft and warm. As you stand you realize, that the river is guided you along its dream lines to the infinite ocean . as you stand gazing out to this endless sea, you realize that everything is possible. When you listen to and follow the currents of dreams.**

**[5 seconds]**

**And you gaze out to this infinite sea and wonder the endless possibilities of life and all the opportunities that are awake as you relax now.**

**[20 seconds]**

**As you contemplate the possibilities, you realize how easy it would be to simply fall asleep and drift into a deep , deep sleep.**

**[5 seconds]**

**A sleep so profoundly deep. That your body and mind has the opportunity to heal completely now. As you fall into deep sleep. Allow your mind to dream, to dream the dreams you always wanted to**

**dream. As you fall deeper and deeper into that profoundly deep sleep. Dreaming and sleeping , sleeping and dreaming. Allowing your body to heal, your mind to heal. As you sleep deeper and deeper into that beautiful , blissful sleep. Filled with the most magical dreams. Sleeping and dreaming. Dreaming and sleeping.**

**[5 seconds]**

**Knowing that in the morning when is healed and your mind is healed. Feeling most refreshed .rejuvenated we will ever found. Now sleep easily and effortlessly .drift off to sleep. Sleeping and dreaming. As you sleep now, sleep now.**

**[5 seconds]**

**You don't seem to know where you are. You can't remember where you started from. It's okay. Relax. You are already in your world of dreams. You are fast asleep. Let the thoughts come and go. They will silence themselves. You just relax. Just sleep. Sleep. Sleep. Deep and peaceful and so relaxing and calming. You are already asleep by now. Good night!**

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## **9. Pleasant Sleep – 45 minutes**

**This is a guided meditation to relax your body, unburden your mind and put you off to a peaceful sleep. Lie down into a position of ease and comfort. By now, you should be done with all your chores and the only box left un-ticked on your to-do list should be a good night's sleep.**

**Comfort yourself with a cushion or blankets if you want to. Adjust into your favourite posture for sleep. Know that during the meditation, any time you are free to move or adjust your body to provide yourself with comfort and ease. Now gently closing down your eyes. Now is the time for you to come in to a state of complete relaxation.**

**[5 seconds]**

**Feeling that sense of gravity that's holding you in the space where you are lying.**

**Beginning to slow and deepen the breath. Breathing in and out to really invite rest and relaxation even deeper into each cell of your body.**

**Taking a clearing breath, letting go.**

**Breathing in... 2, 3, 4, 5, 6**

**Breathing out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Continuing on for a moment at your own pace.**

**Exhaling and softening. Exhaling and letting go. Letting go of the day you had. Allowing your body to take rest in the space you are lying. And letting your breath return to its natural rhythm and pace. Noticing**

**where you feel your breath the most. It might be in your belly, chest, shoulders, or on the top of your lips. May be somewhere else in your body. Letting your awareness anchoring in this space.**

**[5 seconds]**

**Allowing yourself to be with your breath. Each breath is an opportunity to relax a little more. To let go a little more. And to also come back to This present moment . Should your mind wonder . Feel a little overwhelmed. Continuing with the focus on your breath. Placing your hands on your heart-centre. Feeling your breaths moving in out of your heart. As you connect in, to your heart-centre.**

**[5 seconds]**

**Taking a moment we acknowledge what's true for you. How are you feeling right now? What is it that's calling you? What is needing your attention?**

**[5 seconds]**

**And taking your time to kindly acknowledge whatever is there within your body. Setting the intention for the next few minutes. You will be allowing yourself to be drop in, to relax, to calm, to unwind, let go of what's no longer serving you.**



**[5 seconds]**

**You can keep your hands on your heart-centre for the rest of the meditation or you may let them rest wherever you feel comfortable.**

**[5 seconds]**

**Once again, focusing on your breath. Breathing in... 2, 3, 4, 5, 6**

**Breathing out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Breathing in... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**In... 2, 3, 4, 5, 6**

**Out... 2, 3, 4, 5, 6**

**Continuing on for a moment at your own pace.**

**[10 seconds]**

**Relax. Loosen up your body.**

**[5 seconds]**

**Now, I want you to visualise a beautiful night sky above you. The clear cloudless sky, filled with glittering stars.**

**[5 seconds]**

**And right in the centre of this beautiful night sky is a bright full moon. Visualise it as vividly as possible. Feel the healing light of the moon falling down from the sky on gently healing your body.**

**[5 seconds]**

**Feel it. Very gently.**

**[5 seconds]**

**Feeling the beautiful healing light of the moon, on the tips of your toes or on your feet. As the healing light shines there, sensing any tension or contraction in you feet starting to relax and unwind. Allowing your feet to soften. Now gently bringing your awareness to the moon's healing light as it's shining across your calves, your shins, and your thighs. This healing light from the moon radiating throughout your legs and allowing them to relax and your tired muscles to soften on the bone. Then gently, this soothing healing light from the moon begins to move from your pelvic area , your hips, your belly, as it does giving this parts of your body permissionTo release. To release any contractions they may be holding. Feeling that soothing healing light now moving to your solar plexuses. And all the way up into your chest. In your hearts space.**

**And in your next gentle inhalation as you exhale allow these parts of your body to surrender. Letting go for no longer serves you. Then this healing light of moon moves over your shoulders, feeling your shoulders relax as it does. Feel the healing light moving down your arms. All the way down to your fingertips, and sensing that soothing energy, Form the moon relax. Your arms and your hands, letting them soften, and if you are heavy, the place that you are laying. Then finally the healing light from the moon moves all over your neck, lean to your face .bringing with these relaxing qualities. Letting your jaw relax. Your eyes few heavy and your breath soften .your whole body bath in this moonlight .you are free to send this healing light to any other places on your body, they may need some extra awareness healing light. Letting those parts of your body, really relax. And let go.**

**As you lay under the beautiful stars, the compassionate and the supportive energy of this moon. Bring your awareness to your heart-centre once again. Check in that there is anything you want to let go of. And want to release tonight. Letting go of anything that no longer supporting you or serving you. In the next few moments, allow yourself to be in this places. Surrendering to the stillness. Feeling and bathing in the soothing energy of the moon.**

**[20 seconds]**

**Resting and preparing for sleep. Allowing your breath to be back into this moment. Laying there for few moments.**

**[20 seconds]**

**We will now do a body scan to release any stress that might be lurking in your body. Let's start with your toes. All of your toes, all around them, all the way out till the tips. Now the soles of your feet. All the way to the front and to the back and side to side. Now your heels, the tops of your feet, your ankles, the calves on the back of your lower legs. And around the front to your shins. Feeling relaxed. Taking a pause. Now moving to your knees, your upper legs, the hamstrings in the back, the bands along the side and finally the inner thighs. Feeling relaxed. Taking a pause. Now your hip joints, outer hips, buttocks, pelvis, and pelvic bone, your lower abdomen, your belly button, around to your lower back, middle back, sides of your torso, chest, collar bones, upper back. Now your upper arms, and all the way around them, now your elbows, your forearms, your wrists, and palms of the hands, backs of the hands, all of your fingers and all the way out to the finger tips. Now back up to the neck. The back of the neck, the front of the throat, the**

**whole back of the head, now your ears, chin, now in the tongue, your cheeks, eyes, eyebrows, and your forehead and finally the top of your head. Feel your entire body, relaxed. Feel a sense of peace and relaxation cover your entire body. You are inside a cocoon of relaxation.**

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## **10. Dream Away – 45 minutes**

**Welcome to this guided meditation session for deep, relaxing sleep. Make sure you have no tasks left for the day and the only box un-ticked on your to-do list is a peaceful night's sleep.**

**Start by making yourself as comfortable as possible. Take your time. Adjust your pillows and blankets. Now let your eyelid just slide shut. Now that your eyes are closed, take a deep breath and hold it for just a second. Now, let the breath out naturally. Don't force it. Just let it naturally leave your body.**

**[5 seconds]**

**Now take a second deep breath. And hold it as well.**

**[3 seconds]**

**Now let this breath naturally leave your body and notice that you are starting to relax.**

**[5 seconds]**



**Breathe calmly and naturally. Maintain a gentle focus on your breathe. Notice that with every breath, you relax just a bit more.**

**[5 seconds]**

**Keep breathing and keep noticing.**

**[10 seconds]**

**With every in-breath, you can feel the calming effect of the oxygen spreading throughout the body.**

**[5 seconds]**

**And with every out-breath, release any tensions that might be there in your body.**

**[5 seconds]**

**With each breath you take, you can feel the calming oxygen spreading through your lungs and to every part of your body. The oxygen flows**

**through you and calms you down. And at the same time, feel that with each exhalation the tension in your body gets released.**

**[5 seconds]**

**Now just focus on your breathing. Notice it increases your sense of calm and decreases tension. With each breath you take, you become more and more relaxed.**

**[30 seconds]**

**We will now do a body scan to release any stress that might be lurking in your body. Let's start with your toes. All of your toes, all around them, all the way out till the tips. Now the soles of your feet. All the way to the front and to the back and side to side. Now your heels, the tops of your feet, your ankles, the calves on the back of your lower legs. And around the front to your shins. Feeling relaxed. Taking a pause. Now moving to your knees, your upper legs, the hamstrings in the back, the bands along the side and finally the inner thighs. Feeling relaxed. Taking a pause. Now your hip joints, outer hips, buttocks, pelvis, and pelvic bone, your lower abdomen, your belly button, around to your lower back, middle back, sides of your torso, chest, collar bones, upper back. Now your upper arms, and all the way around them, now your elbows, your forearms, your wrists, and palms of the hands, backs of the hands, all of your fingers and all the way out to the finger tips. Now back up to the neck. The back of the neck, the front of the throat, the whole back of the head, now your ears, chin, now in the tongue, your cheeks, eyes, eyebrows, and your forehead and finally the top of your head. Feel your entire body, relaxed. Feel a sense of peace and relaxation cover your entire body.**

**[5 seconds]**

**So relaxed, so relaxed. You can feel yourself floating in your world of dreams – a world where everything is possible.**

**The scene is of a beautiful, pleasant, night sky. You don't know exactly where you are, neither do you have any idea about how you reached there. It feels as if you are floating in the air. The sky above you seems so pleasant it makes you feel sleepy. The stars twinkle in the clear dark sky. Shooting stars can be seen as you drift in the warm and pleasant air. The moon is full, with blue colour as it shines its healing light down on you.**

**[5 seconds]**

**In the night sky, you see patches of light coming from far away galaxies. And you ponder about the mysteries of the universe.**

**[5 seconds]**

**And at the same time you are floating among the fluffy clouds. Your eyelids are becoming heavier. Your body is becoming more relaxed. The hazy moonlight illuminates the clouds. And you are slowly and very gently descending towards the ground.**

**[5 seconds]**

**As you descend, you can see the tops of tall pine trees above pointing high towards the sky. Lowering down your body and gently turning towards the ground. Feel the hills highlighted by the light of the moon.**

**[5 seconds]**

**Following the line of river flowing down below. You glide along the side gently, smoothly, calmly, and peacefully. Travelling across the air above the river waterfalls glistens in the bright moonlight from the sky above.. Everywhere you look as a blue light tinges to it. The tall hills appear so magnanimous and in-between them you notice the shine of an ocean white and blue. You notice the making up of the ripples on the water surface.**

**[5 seconds]**

**And still following the widening rhythm of you glide down and descending gently. As the river passes by a valley, you can see a castle, surrounded by a bridge. Getting closer to the castle you float and land softly on the bushed ground grass.. The castle has a flags of peace on its walls, small narrow windows and flowers of You stand up and take your first step on to the solid bridge towards the castle you walk. You pause for a deep breath. Inhale. Hold. And exhale. Your foot steps are light and gentle. The wood this bridge is made of is solid but it feels so**

**soft under your feet. Each step forward you look down into the mode a ripple washes across the water.**

**[5 seconds]**

**In the hazy blue light of the moon, fireflies begin to dance around you as you continue to walk forward to the entrance to this beautiful castle. You pause for a deep breath. Inhale. Hold. And exhale. The fireflies showing you the way forward. And you follow. You walk in through the large entrance. You pause for a deep breath. Inhale. Hold. And exhale. You can see that the castle woods are thick, solid and build to fight almost against anything. Your eyes light up with wonder as before you a garden and that is one of the most pleasing sights. You have ever seen anything like this in front of you.**

**[5 seconds]**

**A carpet of neat thick grass is lying on the ground. You pause for a deep breath. Inhale. Hold. And exhale. And there you step into it. Your whole body begins to relax. You can see each soft blade of grass shining in the blue moon. You pause for a deep breath. Inhale. Hold. And exhale. Silent, relaxed and peaceful, you continue to gently walk ahead.**

**[5 seconds]**

**After soft and gentle pace you explore this beautiful space of peace. In the middle of the ground is a bridge with a soft flowing waterfall,**

**surrounded by large grounded lush leaves. You pause for a deep breath. Inhale. Hold. And exhale. The bridge is etched with mineral and jewels, diamonds, rubies, sapphires, and platinum. The paving stone on the bridge are made of solid gold that shines softly in the haze of the moonlight.**

**[5 seconds]**

**Dragon flies hover over the waterfalls. They are gently buzzing with rapid flaps of their beautiful wings. You notice the water rushing into a pond, creating bubbles as it does so. You pause for a deep breath. Inhale. Hold. And exhale. You feel your shoulders and the tops of your arms, release stress and relax more.**

**[5 seconds]**

**You notice trees and plants, and all types of beautiful greenery. Butterflies appear from behind you, flying gently away. Noticing that how rich in colour they are, each with a different and beautiful patterns on their beautiful wings. You pause for a deep breath. Inhale. Hold. And exhale. Now continuing on you come to a part of green moss. Stepping onto it, your feet relax so very deeply with each footstep you take forward. You pause for a deep breath. Inhale. Hold. And exhale. Candles are situated a few feet away. They glimmer a soft light that illuminates this beautiful night.**

**[5 seconds]**

**The butterflies now stop. The fireflies come closer, lighting up the ground below and anything around them. And the light follows them as they shine their beautiful soft light. They slow down, and send up and land evenly on the trees on either side of you. You pause for a deep breath. Inhale. Hold. And exhale. The trees seemingly no having light and a soft atmosphere is has been created. You pause for a deep breath. Inhale. Hold. And exhale. Feeling very relaxed and calm, you lay your head down on the very comfortable pillow. The waterfall is the only thing you can hear. And it relaxes you further and deeper than you have ever felt.**

**[5 seconds]**

**The wood of the protected walls of the castles keep safe for the night. And you feel so calm, so relaxed. As you began to the drift with the smell of flowers, the moon begins to disappear over the castle walls, leaving the lights of the flies on the trees. [5seconds]**

**You feel relaxed, clear minded, calm, balanced, and completely at peace. With each breath you become more and more relaxed, more and more sleepy.**

**[5 seconds]**

**Every muscle in your body is relaxing and loosening for the night. no more thought for today. as you just let go and release**

**And now say these affirmations: “I let go all my worries. I feel peaceful wherever I am. This life is a blessing and I am grateful for it. I am sinking into ease and comfort. Everything is slowing down from my breathing to my thoughts. I find peace in this moment of stillness. I realise that I am strong. I leave every emotion behind my mind as I ready myself for a restful and deep sleep. I am warm and safe. I can recall this feeling anytime I wish. I feel calm and relaxed.” And again. “I let go all my worries. I feel peaceful wherever I am. This life is a blessing and I am grateful for it. I am sinking into ease and comfort. Everything is slowing down from my breathing to my thoughts. I find peace in this moment of stillness. I realise that I am strong. I leave every emotion behind my mind as I ready myself for a restful and deep sleep. I am warm and safe. I can recall this feeling anytime I wish. I feel calm and relaxed.” And one last time. “I let go all my worries. I feel peaceful wherever I am. This life is a blessing and I am grateful for it. I am sinking into ease and comfort. Everything is slowing down from my breathing to my thoughts. I find peace in this moment of stillness. I realise that I am strong. I leave every emotion behind my mind as I ready myself for a restful and deep sleep. I am warm and safe. I can recall this feeling anytime I wish. I feel calm and relaxed.”**

**[5 seconds]**

**And continue “My slowing down of thought is recognized in the gentle loosening of my chest, calming of my mind is where I can find tranquillity and peace. I release everything that doesn’t serve me. My back and neck rest heavier in each recognized moments of drifting out of consciousness, and going deeper each time. I am drifting into the world of sleep. A world where everything is soft, gentle and so peaceful. I say goodnight to this day with gratitude. I cherish this time, that I have been so warm and comfortable. I my happy with myself today. I feel grateful for having the opportunity to meditate today. I appreciate everything I have now. I can feel a sense of relaxation all around and within me. I am now falling asleep with only positive thoughts going**



about in my mind, which are relaxing my body even more. My breathing becomes calmer and it reminds me that my sleep will be calm too. I feel so relaxed and peaceful. The night air soothes me down with each and every breath that I take. I feel so relaxed and peaceful. As I sleep I know that sun will rise once again and will take me out of the darkness. I feel so relaxed and peaceful. The atmosphere of this peaceful night, will replenish my positive and good energy. I feel so relaxed and peaceful. Everywhere I sense of softness, calmness, peace, and positivity. I feel so relaxed and peaceful. Sleep is a choice. I have decided to delve deeper as I rest my mind and body. I feel so relaxed and peaceful. I am receiving peace from the universe. Calm and still. I release my body from today. I let go more, I release negative emotions. I am calm and still. I bring healing to my feelings and emotions. Calm and still. From this serene stillness of night. There is silence inside of me. My body is still. Calm and still. I observe my breath settling me down on a bed of dreams. Calm and still. And as I sleep my mind relaxes more. And my body releases all tensions. Calm and still. So I sleep I become wiser of the experiences of this day. I am falling asleep. Allowing me to be calmer tomorrow. I am falling asleep. Night time is such a magical time of peace and stillness. I observe this silence by allowing my muscles to soften and my eyelids are becoming heavier. I am falling asleep. My eyes are cooled by the gentle air of the night. I am falling asleep. My shoulders gently roll downwards. I am falling asleep. And as I take each gentle and deeper breaths, my mind becomes ever more clearer. I am falling asleep. My fingers on the palms of my hands release any stress. I am in a deep state of sleep already. I am falling easily into a restful position. I am in a deep state of sleep already. My toes release any negative energy out as I slide away. I am in a deep state of sleep already. I enter into my dream world. I am in a deep state of sleep already. My mind is becoming clearer.

[5 seconds]

**“I release all my stress and anxiety and over thinking. I release anything that is holding me back from relaxing. I let go of anything that does not serve me. My body automatically slips into the most comfortable, warm and safe position for sleep now. Everything is gentle and soft nature in this moment. I go further into the positive place in my mind. I don’t feel the need there is no need to think any more about what has already happened. I need not worry about what is about to happen. I am now seeing my dream world before me. I am in a deep state of sleep already. I slide into this special place of freedom. I delve deeper and deeper into the image of sleep. The thoughts no longer bother me. I am already so much relaxed. I am in a deep state of sleep already. I leave behind the noise of internal chatter and any worries I may have had. Everything is gentle and soft nature in this moment. I go further into the positive place in my mind. I don’t feel the need there is no need to think any more about what has already happened. I feel so relaxed and peaceful now. I am ready to fall asleep.”**

**“I am in a safe and positive space. I fear nothing in this safe place. I have left behind yesterday. Being in between time and space of my own creations, anything I wished to desire or feel is here in this pleasing and safe space of my own imagination. I am in a deep state of sleep already. I gift myself with further relaxation. I breathe in calmness. I breathe out relaxation. I am in a deep state of sleep already. I am floating and gliding into my own world of space and peacefulness. I breathe in calmness. I breathe out relaxation. I see before me and the pleasing of things, experiences, and opportunities. As I float deeper into sleep my body warms with the positivity that I feel. I breathe in calmness. I breathe out relaxation. Time does not matter in this moment. I am in a safe and positive space. I fear nothing in this safe place. I have left behind yesterday. Being in between time and space of my own creations, anything I wished to desire or feel is here in this pleasing and safe space of my own imagination. I am in a deep state of sleep already. I gift myself with further relaxation. I breathe in calmness. I breathe out relaxation. I am in a deep state of sleep already. I am floating and gliding into my own world of space and peacefulness. I breathe in**

**calmness. I breathe out relaxation. Relaxation is my true nature. I am eternally relaxed. I feel so good, so pleasant. I am already asleep. I breathe in calmness. I breathe out relaxation. My eyelids become heavier. My body sinks deep into the mattress. I am in the world of dreams. I am in my world of dreams. I am in my world of dreams.”**

**[5 minutes]**

**I am already asleep. My subconscious mind is listening to this meditation, but my body and mind are enjoying deep restorative sleep now.**

**Relax, sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, sleep. Sleep, breathe relax. Relax, deep relaxed sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, deep relaxed sleep. Sleep, breathe relax. Relax, sleep, breathe. Breathe, relax, deep relaxed sleep.**

**So comfortable, so relaxing, glide away into a deep, deep slumber. Good night!**

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## **11. Deep and Restful Sleep – 60 minutes**

**So before we begin today's meditation session, make sure you have no pending tasks for the day. Set the room temperature as per your comfort. Switch off the lights or dim them if you prefer it that way. Wear your comfortable night clothes and get into your cosy, warm bed. Arrange your pillows and put on your blankets. Make sure your phone and other electronics are on "do not disturb" mode.**

**[10 seconds]**

**When you are settled, I want you to take a deep breath in. Go as deep as you can. Hold the breath for a few seconds. And release.**

**[5 seconds]**

**Now again take a deep breath in. Hold it. and release.**

**[5 seconds]**

**Very good. Keep taking deep breaths for the next few moments. And with each exhalation feel your body becoming more and more relaxed.**

**[5 seconds]**

**Loosen up your muscles, your joints. Let your entire body relax.**

**[5 seconds]**

**Very nice. Keep taking deep breaths and keep making your body more and more relaxed.**

**[30 seconds]**

**Now come back to your normal breathing.**

**[5 seconds]**

**Gratitude is very important to lead a healthy, stress-free, and peaceful life. And what better time to practice gratitude just before sleep. I want you to repeat the following affirmations after me.**

**“I am grateful for the lessons that today brought and I am grateful for the time and wisdom that I have right now to reflect on them.”**

**“I know in my heart that today was full of blessings, and even though I didn’t see it then, I can feel it now and express my thankfulness.”**

**“I let go of the day gone by. I let go of all the thoughts, emotions, and passions of the day. I empty myself of the stress of the past and the worries of the future.”**

**“Peace of mind is my priority as I end this day and I can feel my mind, body, and spirit becoming completely relaxed.”**

**“Tonight, I am going to sleep soundly and I will wake up tomorrow completely refreshed, recharged, and rejuvenated.”**

**[5 seconds]**

**Now, we are going to repeat these affirmations, very, very slowly, giving each word the emphasis it deserves.**

**“I am grateful for the lessons that today brought and I am grateful for the time and wisdom that I have right now to reflect on them.”**

**“I know in my heart that today was full of blessings, and even though I didn’t see it then, I can feel it now and express my thankfulness.”**

**“I let go of the day gone by. I let go of all the thoughts, emotions, and passions of the day. I empty myself of the stress of the past and the worries of the future.”**

**“Peace of mind is my priority as I end this day and I can feel my mind, body, and spirit becoming completely relaxed.”**

**“Tonight, I am going to sleep soundly and I will wake up tomorrow completely refreshed, recharged, and rejuvenated.”**

**[10 seconds]**

**Now let’s repeat these affirmations one last time and feel the message sink into our consciousness.**

**“I am grateful for the lessons that today brought and I am grateful for the time and wisdom that I have right now to reflect on them.”**

**“I know in my heart that today was full of blessings, and even though I didn’t see it then, I can feel it now and express my thankfulness.”**

**“I let go of the day gone by. I let go of all the thoughts, emotions, and passions of the day. I empty myself of the stress of the past and the**



**worries of the future.”**

**“Peace of mind is my priority as I end this day and I can feel my mind, body, and spirit becoming completely relaxed.”**

**“Tonight, I am going to sleep soundly and I will wake up tomorrow completely refreshed, recharged, and rejuvenated.”**

**[10 seconds]**

**Close your eyes and feel your breath as it slows and fills you. There’s no hurry. Enjoy every moment, enjoy every breath you take. Feel yourself coming into this very moment. Yes, very good. Feel the moment. Feel the breath as it flows ever so smoothly.**

**[10 seconds]**

**We are now going on a journey. A journey that has no beginning and no end. And that’s the beauty of this journey. You don’t need to get anywhere. Every moment is a celebration. Every place is full of joy. Every sight is full of inspiration.**

**[5 seconds]**

**I want you to see yourself sitting on top of a white fluffy cloud. You are floating over beautiful, tall mountains covered with snow. You can notice patches of green near the base, too. You continue to float higher and higher, away from the mountains. You look up and see a rainbow. It's the first time you are seeing a rainbow from this close. You request your cloud to take you closer to the majestic rainbow and it does so. You are now at the top of the Rainbow. You get this instinct that it is safe to jump onto the rainbow. You trust your instincts and take the leap. As soon as you touch the Red colour of the Rainbow you are transported to a new world. You realise that each colour of the rainbow has powers of its own. The seven colours of the rainbow are also the colours of your seven chakras. So on entering the world of the Red colour, you feel that your Root Chakra is being healed by the Red colour of the rainbow. The Root Chakra, located at the base of the spine, is the chakra associated with your security, safety, and stability in life. In this world of the red colour of the rainbow you have the opportunity to get rid of all your fears, insecurities, and phobias. Visualise all your fears being released from your body and evaporating in the world of the Root Chakra. If you have any feelings of "I don't belong here", let that feeling evaporate. Feel free. Feel liberated. Be in the present moment, the here and the now.**

**Now repeat after me:**

**"I release my doubts, fears, and insecurities." "I am completely safe and protected." "I belong here in the present moment."**

**"I release my doubts, fears, and insecurities." "I am completely safe and protected." "I belong here in the present moment."**

**“I release my doubts, fears, and insecurities.” “I am completely safe and protected.” “I belong here in the present moment.”**

**“I release my doubts, fears, and insecurities.” “I am completely safe and protected.” “I belong here in the present moment.”**

**“I release my doubts, fears, and insecurities.” “I am completely safe and protected.” “I belong here in the present moment.”**

**[5 seconds]**

**You now feel yourself floating from the Red coloured world of the Root Chakra to the Orange coloured world of the Sacral Chakra. Sacral Chakra is the chakra of energy, passion, creativity, pleasures, and joy. It governs your sexual pleasures, your obsessions and attachments. In this world of the Sacral Chakra, release any feelings of jealousy and obsessions. Release all the negative thoughts you might be having about your body or your looks. Now repeat these affirmations after me.**

**“I am comfortable and confident in my body.” “It’s safe for me to express my sexuality.” “I am creative, confident, and energetic.”**

**“I am comfortable and confident in my body.” “It’s safe for me to express my sexuality.” “I am creative, confident, and energetic.”**

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**“I am comfortable and confident in my body.” “It’s safe for me to express my sexuality.” “I am creative, confident, and energetic.”**

**“I am comfortable and confident in my body.” “It’s safe for me to express my sexuality.” “I am creative, confident, and energetic.”**

**[5 seconds]**

**Now you find yourself floating into the Yellow coloured world of the rainbow. It’s the world of the Solar Plexus, the chakra that governs your ambitions, your zeal for success, and your willpower. If you feel you lack the confidence to succeed in life, release that feeling of self-doubt into this yellow coloured world. Release all your stress and worries and fears. Repeat these affirmations with me.**

**“I am strong and powerful.” “I deserve to be successful in every endeavour.” “I have the zeal, passion, and hunger for growth”**

**“I am strong and powerful.” “I deserve to be successful in every endeavour.” “I have the zeal, passion, and hunger for growth”**

**“I am strong and powerful.” “I deserve to be successful in every endeavour.” “I have the zeal, passion, and hunger for growth”**

**“I am strong and powerful.” “I deserve to be successful in every endeavour.” “I have the zeal, passion, and hunger for growth”**

**“I am strong and powerful.” “I deserve to be successful in every endeavour.” “I have the zeal, passion, and hunger for growth”**

**[5 seconds]**

**You are floating again. Out of the Yellow world into the Green World, the fourth one in the World of rainbows. This is the intermediary world which connects the world of basic Earthly desires with the Higher Spiritual Worlds. This is the realm of the Heart Chakra, which is related to unconditional love, emotions, and compassion. If you feel lonely or isolated at times, you now have the opportunity to let go of and heal your emotions and well-being. Feel your heart chakra vibrate and resonate with the green coloured you are in. Now it's time to say the affirmations.**

**“I am open and willing to accept and give love.” “I forgive myself for my past mistakes and I forgive the wrongdoings of others as well.” “My heart and mind are at peace.”**

**“I am open and willing to accept and give love.” “I forgive myself for my past mistakes and I forgive the wrongdoings of others as well.” “My**

**heart and mind are at peace.”**

**“I am open and willing to accept and give love.” “I forgive myself for my past mistakes and I forgive the wrongdoings of others as well.” “My heart and mind are at peace.”**

**“I am open and willing to accept and give love.” “I forgive myself for my past mistakes and I forgive the wrongdoings of others as well.” “My heart and mind are at peace.”**

**“I am open and willing to accept and give love.” “I forgive myself for my past mistakes and I forgive the wrongdoings of others as well.” “My heart and mind are at peace.”**

**[5 seconds]**

**Feel yourself being pulled out of the Green Coloured World of the Heart Chakra and floating into the Light blue coloured world of the Throat Chakra. This is the Chakra of expression and communication. This is the Chakra that governs your truth. It helps you stand up and express your own truth. But for that you have to first realise and be one with that truth. So, if you face problems speaking up for yourself or putting across your view points in front of others, release any fears or doubts that might be blocking up your power of clear expression. Now repeat these affirmations with me.**

**“I realise and own my truth.” “It is safe for me to express my truth to the world freely and fearlessly.” “I am honest about who I am and I am not afraid to express it to others.”**

**I realise and own my truth.” “It is safe for me to express my truth to the world freely and fearlessly.” “I am honest about who I am and I am not afraid to express it to others.”**

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**“I realise and own my truth.” “It is safe for me to express my truth to the world freely and fearlessly.” “I am honest about who I am and I am not afraid to express it to others.”**

**[5 seconds]**

**You are now drifting further into the Indigo coloured world of the Third Eye Chakra, the seat of your intuition. This chakra helps you see things as they are, without any bias or prejudice. It shatters any illusions that block your vision and perception. Give away into this indigo coloured world all the chaos and incoherence of your life and**

**take in clarity and divine wisdom. Now I want you to repeat these affirmations with me.**

**“I trust my intuition.” “I have clarity of thought and vision.” “I can feel my connection with the divine.”**

**“I trust my intuition.” “I have clarity of thought and vision.” “I can feel my connection with the divine.”**

**“I trust my intuition.” “I have clarity of thought and vision.” “I can feel my connection with the divine.”**

**“I trust my intuition.” “I have clarity of thought and vision.” “I can feel my connection with the divine.”**

**“I trust my intuition.” “I have clarity of thought and vision.” “I can feel my connection with the divine.”**

**[5 seconds]**

**You feel yourself slowly drifting away from the Indigo coloured world into the Violet colours of the Crown Chakra. This is the chakra of spiritual awakening and connection with the higher realms. You can just float in this violet coloured world of the Crown Chakra to soak in**



**divine wisdom and positivity. Feel the connection with the creator.  
Repeat these affirmations.**

**“I am one with every particle in the universe.” “I am a divine soul.” “I know, realise and experience the ultimate peace and truth”**

**“I am one with every particle in the universe.” “I am a divine soul.” “I know, realise and experience the ultimate peace and truth”**

**“I am one with every particle in the universe.” “I am a divine soul.” “I know, realise and experience the ultimate peace and truth”**

**“I am one with every particle in the universe.” “I am a divine soul.” “I know, realise and experience the ultimate peace and truth”**

**“I am one with every particle in the universe.” “I am a divine soul.” “I know, realise and experience the ultimate peace and truth”**

**[5 seconds]**

**You feel so light, so liberated, and peaceful. You have never felt this good before. A sense of calm and peace envelops your entire being. It's as if you have been reborn. You are rid of all your worries and stress. Stay in this zone of peaceful relaxation for a while.**

**[30 seconds]**

**Now you are pulled down back into the Earth. But this Earth feels different. It feels so new yet familiar. You find yourself in a dark and quiet forest. The night sky is full of stars. The night is so dark that you have never seen the stars shine with such brightness. You take a look around you and can see the trees, rather the shadows of the trees. You can feel the cool wind caressing your face. You can hear the rustling of the leaves.**

**The air feels so fresh. You take a deep breath in and exhale. Another deep breath in. And exhale. Every time you inhale, you feel the freshness of the nature entering your body and calming you down. Everything feels so peaceful. The quietness of the night soothes your senses. It makes you feel so sleepy. You continue to walk with drowsy steps.**

**[5 seconds]**

**On your hand, you can sense a cool droplet. You look up and a few calming raindrops fall on your face. You can hear the thundering of the clouds. You run your gaze around and find a cottage nearby. You rush towards the cottage for shelter. You enter the cottage and find it empty. You find some logs of wood and decide to light up a fire to keep yourself cosy. It feels so good sitting inside the cottage. You can hear the thunders of the rain. After a while, you get up and are ready to leave. You can see the rain has stopped and the weather has become very pleasant. You step out into the forest. As you walk through the forest**

the branches of the trees blow in the breeze with a slight aroma that fills your body with more calmness and peace. You can hear the leaves rustling just like the sound of paper fluttering as a strong wind blows through. You can see that they cast purple shadows on the green forest floor. As you move forward you see fire flies stand with shadows and your path is glowing with the yellow herbs. This electric yellow light is making your path seem more clear. You move deeper into the forest. And as you continue to walk the yellow colour begins to shine more brightly. Soon you realise they can't be fire flies. You notice that behind the bushes are some structures carved in rock that have been shining so brightly. You realise that it is not the work of an ordinary artist. You stand there to admire the beauty of the glowing structures. It's so unreal that the statues emit such powerful light. But you are in your dream world right now, where everything is possible. You soon realise that it is a sacred forest, where your ancestors had prayed and worshipped. They prayed for the peace and prosperity of their progeny. You can feel the presence of your ancestors in the peace the peace of the forest. You take a few moments to thank them for their blessings.

[5 seconds]

You notice that the rain has made the Earth beneath you a bit soft. The aroma of the Earth is so pleasant, so mesmerising, as if lulling you to sleep. You can smell the aroma in the air, as if it is coming from the nectar of the sleep fairy. You can hear the whispers of the sleep fairy. She sleeps in a soft, soothing tone. You can't understand the language but you love the voice. You think she's singing a lullaby. You feel so relaxed. You feel a warm, deep glow right in your heart-centre. A wave of pure light goes through your veins and arteries warming you and tingling you at the same time.. You feel your body at ease and in complete alignment from head to toe. You can trace your all life force energy glowing through you when the fairy speaks to you. Right in front of you appears a big golden coloured ball almost twice the size of you. And out of the glowing golden ball, comes out a fairy. A beautiful

**sleep fairy dressed in shining silver-coloured dress. She is holding a magic wand in her right hand. She looks at you and smile. She now speaks in the language you understand. “Hello, beautiful soul. Welcome to my world – the world of sleep. How can we help you?” She enquires. And the deep, soothing stillness of the forest having travelled quite someway already, you began to think about things you want and desire in life. You think of all the beautiful things. You think about happiness, inner peace, joy, sleep, sweet dreams.**

**[5 seconds]**

**May be you wish to feel magic in everything. Perhaps you want to explore more and experience life a new way. May be you need help in envisioning life that better suits you. May be you need help answering questions that rise up in your mind. You take a moment and step back. You realise that knowing such deep questions require proper time to answer. And you tell the sleep fairy what you need help with. You say what you feel like. You don’t need to give numbers to your wish. You don’t have to limit yourself. Don’t be afraid. Be free to ask for what your heart most desires. The sleep fairy is here to help. She is your guide and your saviour. She loves you wants you to love a fulfilling life. So whatever’s there in your mind, whatever your heart wishes for, just tell that to the sleep fairy.**

**[10 seconds]**

**And as you speak your desires, she listens to you so compassionately. She wants your every desire to get fulfilled. So you speak on.**

**[10 seconds]**

**And when you are done confiding in her, you see her raise up her left hand and snap her fingers. She explains that help is on its way. She then takes a step closer to you and says to you, “Stay true to yourself! That is the most important thing. Believe in your intuition, your gut feeling. That’s your guardian angels sending you messages of support. Guidance will always come when you ask for it. Behind the scenes, behind the chaos someone will always be helping you. So, be on the right path. The universe will find ways to get you what your heart desires. So keep on dreaming.**

**[5 seconds]**

**Keep on living your best life. The resources will appear. The right persons will show up. Circumstances will turn in your favour, provided you don’t turn away from your true self. There’s no need to compromise on your dreams. The dreams that you see, there’s a reason behind them. The universe wants you to strive for your dreams and achieve them.**

**[5 seconds]**

**Never think you are not good enough. You might be lacking in some aspects right now, but as you move ahead towards your goals, you will gather the required skills and the necessary aptitude for the job on the way. So just keep moving. I am with you. The whole universe supports you. Help will come whenever there will be need. You need not worry**

**for anything. Move ahead. Just keep moving forward. All your wishes are about to come true. Have faith in the ways of the universe.”**

**[10 seconds]**

**And the sleep fairy takes a step back. The golden coloured glowing ball of light covers the fairy again. She nods at you as if signalling you to pay heed to whatever she just told you, and she disappears into the golden light. And soon the golden ball also disappears.**

**You decide to move forward. Not knowing where to go, you let the moonlight be your guide.**

**[5 seconds]**

**You lay your sight on rose bushes that are in full bloom. You notice dewy droplets on the silken petals.**

**[5 seconds]**

**They appear so beautiful like translucent molten silver. You pause for a while and look closer within the reflective droplets. And as you look closer you can see in those drops different versions of yourself. You can see so many different sides of you that has so many wide ranging experiences. There's a side of you that has humour. A side that laughs**

**and enjoys the little moments in life. A side that's carefree. A side that is so pure and pristine. A side that cares for the dear ones. A side that respects others. Every side is filled with its own beauty. You are amazed at how there are so many sides of you but you never found time to reflect on those sides. You enjoy this special moment and keep viewing your different shades of life.**

**[10 seconds]**

**You can now see the dew drops reflect the special moments of your life. The moments when you felt extremely happy, when you were so much full of life. You now have the time to relive those moments.**

**[10 seconds]**

**You feel so peaceful and relaxed. You are happy grateful for having the opportunity to be here in this forest of dreams. You march forward and come across a stream. Feeling so relaxed.**

**[5 seconds]**

**The water looks so clean and nice. Feeling so relaxed. You splash it on your face and realise that it is no ordinary water. It has the power to cleanse and heal. With every splash you make, you get to cleanse a negative thought or let go of a negative emotion. One by one, you get rid of everything that no longer serves you.**

**[10 seconds]**

**After you are done cleansing yourself, you feel so light. As if a heavy burden has been lifted off you.**

**You follow the moonlight and march ahead. You notice a huge fire burning nearby. You go closer and realise that it's a bonfire – a holy bonfire. Your instincts want you to step into the bonfire. You have some doubts but you know it's the right thing to do. Remembering the message the dream fairy, you decide to step into it. You first feel the blazing heat of the bonfire but as you step into it, you feel a sense of calm and peace all across your body. You can hear the Sleep Fairy whisper to you, "Pristine Soul, I want you to burn all your fears, anxieties and self-limiting beliefs in this holy fire." And as you step out of the bonfire, you can feel a sense of confidence filling up your entire being. You thank the sleep fairy and move forward.**

**You realise that you no longer need run into your past. What has happened has happened. It has no control over you just like you have no control over it. You can't change your past, but you can always learn the lessons and improve your future.**

**With this thought in mind you feel a burden lift off your mind. You feel so relaxed, so peaceful. You realise that your feet are no longer touching the ground and you find yourself floating away in the moonlit night. You drift far away and as you look beneath you realise you are being carried by a white fluffy cloud. It is the same cloud that brought you this far. Feeling so relaxed. Now it is carrying you back to your**



**world. You feel extremely relaxed, secured and taken care of. Your body is so light – light as a feather. You float back into your house and you see yourself tucked into bed, content in a deep, deep sleep. The blanket to cover you raise and fall like the waves on a lake under lying from the breath numbs, from your sleeping body. Sleepiness creeps in and your body feels the splendour and soft burn becomes after an adventurous, well-lived day. You are ready to surrender to sleep. You feel so relaxed. You can see a golden coloured glowing ball of light right in front of you. It's the Dream Fairy is shining silver colours and a wand in her right hand who has come to bid you good night! She reminds you that your wishes have been accounted for. But now it's time for you to rest and sleep. And while you are in a world of your dreams, the universe is working for you. All your wishes will manifest in time. But for that you need to rest now. So sleep, sleep, sleep. You feel so relaxed. Saying this, she sprinkles droplets of magical water from her wand. And the Sleep Fairy fades away in her golden coloured ball of light. Your room is now filled with the aroma of the magical water that is lulling you to sleep.**

**You can no longer make sense of your thoughts. You are already in that state of deep sleep. Everything is relaxed. Your mind is calm. Your body is completely relaxed. You are entering a deep, deep, level of relaxed sleep.**

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## **Sleep Hypnosis – 60 minutes**

**Make yourself comfortable as you can before we begin this self-hypnosis session. I assume that you are already in your bed, ready to drift off into a peaceful night's sleep.**

**[5 seconds]**

**Bring your eyes to a close and pay attention to the flow of your breath. And as you hear my words you must allow yourself to relax deeply. There's nothing you need to do on your own.**

**[5 seconds]**

**I am going to connect with your subconscious mind and at the end of this process you'll have a deeper association to your inner peace. And after a good night's sleep you will awaken refreshed and ready for the day.**

**[5 seconds]**

**So for now just notice the flow of your breath – the inflow and the outflow that happens all by itself. And as you let your attention rest on**

**your breathing you, you may try to be absorbed in what you hear. But it really doesn't matter for I won't be talking your active mind but my voice will be giving directions to your subconscious mind. Thoughts may come and go.**

**[5 seconds]**

**And it simply doesn't matter. You need not make any sense of what you hear. Simply enjoy the feeling. Simply relax. Let your subconscious mind do the rest.**

**[5 seconds]**

**As you relax, your subconscious mind will take you just as far into trance as is right for you. Before you relax deeply and go into trance, you need not bother about how deeply you sleep, it will happen in the way that's right for you.**

**[5 seconds]**

**Now with every exhale breathing out any tension, any worries, any strains. And exhale as fully as you can. And every inhale breathing in as deeply and fully as its possible. And inhaling relaxation. Knowing that every breath you exhales hypnosis .with flow with top of your head down to the tips of your toes, waves ,waves of hypnosis flowing down on your mind and body. Getting deeper and deeper. You have never felt so peaceful before. Relaxing every muscle and every fibre of your body as**

**completely as you can. Drifting down into hypnosis becoming so relaxed. Drifting down into hypnosis. Into a very special part of sub conscious mind. In that very special part of your sub conscious mind , suggestion for the made would be excepted and would be put into actions .**

**Align with all the perfect rhythms of your body. Sinking deeper and deeper into hypnosis. Deeper and deeper into profound hypnosis. And any time you listen to this you will find that you can go even deeper, even quicker than before. You can feel your mind feeling so much more relaxed with every breath you take. So, so, so relaxed and peaceful. Thoughts are loosening their grip on you, worries are no longer worrying you. You are drifting off into a deep, deep state of sleep. Notice how your body feels. Starting with your eyelids, little muscles around your eyes have relaxed. Your body has never felt so peaceful before. All the muscles of the face are relaxed. Down into your neck, your shoulders, your elbow, your wrist , hands, down into your chest into an abdomen ,down your back, into your hips, all way down to your legs, your knees, to ankles, to your feet, to the very tip of your toes and this hypnosis will continue to deepen with every breath you exhale.**

**[5 seconds]**

**Notice how relaxed you have become. You have never felt so peaceful before. And how easy this procedure has been. You can be curious that how relax you can become, during this session. And it doesn't really matter of course. Jut allow yourself to drift deeper at the pace what is right for you. You can feel your mind feeling so much more relaxed with every breath you take. So, so, so relaxed and peaceful. You have never felt so peaceful before. Thoughts are loosening their grip on you, worries are no longer worrying you. You are drifting off into a deep, deep state of sleep. As the mind relaxes, your body relaxes. And as the**

**body relaxes the mind relaxes. So if your mind wonders at any point, simply allow it to. You may notice the back current music. You may notice every day sense. You may just be aware of the rhythmic flow of your breath and the sound of my voice. No matter what you are aware of, your unconscious mind is still aware of everything there's being said. Aware of all relaxation suggestions, aware of all positive suggestions. If at any time you wish to move, just move. If at any time you wish to stretch, just stretch. If at any time you wish to yawn, just yawn.**

**[5 seconds]**

**Let go of any thoughts. Just notice the flow of your breath – the inflow and the outflow**

**[5 seconds]**

**.**

**Notice the pause between the inflow and outflow of your breathing.**

**[5 seconds]**

**Notice the beating of your heart.**

**[5 seconds]**

**The gentle inflow and the outflow of breath and the pause in between.**

**[10 seconds]**

**Very good. Now, I want you to bring your awareness to the surface beneath you. I want you to experience the sensation of heaviness, or perhaps of warmth or coolness beneath you. I want you to feel where your skin or your clothing touches the mattress. Or you may feel some air against your skin. You have never felt so peaceful before. Feel whatever your sense of touch allows you to feel. Immerse yourself in the feelings of warmth or of coolness or of the air brushing against your skin.**

**Inhale deeply. And exhale. Inhale. And exhale. As you breathe I want you to notice any areas of tension remaining in your body right now. Noticing the area and then relaxing then relaxing.**

**[5 seconds]**

**Notice how relax your body is becoming simply because we are bringing our focus to relaxing. Keep noticing and keep relaxing. Continue with the exercise.**

**[5 seconds]**

**As you relax the tense parts of your body, you realize that there is nothing more you need to do before you fall sleep tonight.**

**[5 seconds]**

**Notice how peaceful your breathing is becoming. You have never felt so peaceful before. Notice how tranquil your body has become.**

**Just notice it. Notice the peacefulness. Notice the tranquility. Simply notice.**

**[5 seconds]**

**All this is possible because your subconscious mind is working on the commands of this guided self-hypnosis.**

**You can notice an increased level of peaceful with every breath. Your body is becoming more and more tranquil.**



**[5 seconds]**

**Peace and Tranquility. Peace and Tranquility. Peace and Tranquility.**

**[5 seconds]**

**Even as your body is relaxed and your mind is preparing to sleep, know that your subconscious mind is still listening to this recording, it is still guiding you into deeper levels of sleep. Sleep that you so much deserve.**

**[5 seconds]**

**Command your subconscious mind to visualize yourself at the top of the staircase. You notice the steps below you and you notice there are ten steps. At the bottom of the staircase you see a beautiful clearing, lined behind its edges by trees and shrubs and tall grass. You have never felt so peaceful before. This space feels so familiar to you so comfortable and so calm. You can feel your mind feeling so much more relaxed with every breath you take. So, so, so relaxed and peaceful. Thoughts are loosening their grip on you, worries are no longer worrying you. You are drifting off into a deep, deep state of sleep. You can't remember because the active part of your brain is already asleep. It's your subconscious mind that is visualizing. You don't need to remember anything. Just appreciate the view of trees and plants and grass.**

**[5 seconds]**

**Standing on step number 10, as you place your left foot on to stair number nine you feel drowsiness starting to fill your body.**

**You step down to step 8 relaxing even deeper.**

**And then step 7 noticing that your eyes are feeling the heaviness of sleep.**

**Down to step 6 feeling heaviness in your limbs .**

**Step 5 noticing how relax you can become.**

**Step 4 the racing thoughts in your mind are calming down.**

**Step 3 calm and relaxing even deeper now.**

**Step 2 feeling a gentle breeze across your arms.**

**Step 1 smelling the smell of sleep you are about to enter into as you step on into grass in the clearing relaxing even more.**

**You imagine taking a deep inhale feeling how comfortable and familiar this space feels to your body. Feeling the cool grass beneath your body. Feeling the gentle breath across your arms. Feeling the sunshine leaving down upon this mettle....often the distance just a short walk away you see a perfect space in the grass to go and relax even further and you walk towards this spot.**

**[5 seconds]**

**When you reach this place you feel how happy this spot makes you to feel this wonderful. The breeze is just right when you settle into a comfortable sitting position in this cool grass. A smile comes across your face... and you take a deep stretch of your arms and your shoulders and gently lean back to let the sun kiss your face to let the breeze move through your hair and you feel so pleasant here. You notice that any stiffness or tension you had in your body today is suddenly easing is suddenly melting away in this beautiful place and your body feels calm is ever felt. You don't remember the last time you felt so good.**

**[5 seconds]**

**You notice to that all your thoughts are suddenly gone. It feels so good to not be worrying or stressed that to be feeling calm and peaceful perhaps even all little drowsy in this beautiful place the smile growing ever bigger on your lips. There is peace and tranquility in your heart. You have never felt so peaceful before. You start to notice some small**

**sounds of birds perhaps the small insects going about their lives. The view is so mundane yet it gives you so much peace.**

**[5 seconds]**

**You realize that peace resides in the most ordinary of tasks. Peace is not a destination, it is a way of living. You now understand that you can be peaceful in every moment. Your subconscious mind is commanding your body to become more and more restful with each breath you take.**

**[5 seconds]**

**And you know that your spirit is here with you, your guardian angels and they are sending in messengers to come speak with you. Now this spirit may take the form of an angel or perhaps one of the animals of the edge of the clearing and its start to come towards you slowly. You see it so clearly and know deep in your heart that this period is safe and full of love for you. You have never felt so peaceful before. You welcome your spirit closer. You are curious, knowing that it has a message for you. Your spirit would like to share its message from the divine with you now. What could that message be, you wonder? [5 seconds]**

**You accept the message and thank the angel guide for this gift with this beautiful message. And you spend a few moments together basking in the sun in this garden of peace. Your spirit says now you have created this safe space in your mind. you are welcome back in any time. This is your garden of peace and safety. This is your safe space to unwind and relax. You have never felt so peaceful before. Your spirit wishes you a**

**peaceful and deep sleep and starts to glide slowly back into the heaven. And again once more you feel a yawn from your lungs and escaping your mouth you know it is now time to rest.**

**Standing slowly again noticing how pleasant your body feels. You have never felt so peaceful before. You slowly leave the garden and walk back towards the staircase.**

**[5 seconds]**

**As you stands again at the bottom of the staircase place your 1st foot step down on stair number 1 you look affectionately back over your shoulder at the garden of peace deeply knowing that it is here at any time for you to return to and relax in.**

**You turn back to the staircase by knowing that by the time you reach back on step 10 you will fall asleep....**

**Step 2 feeling how relaxed your body and mind have become...**

**step 3 feeling a gentle weariness.....**

**step 4 noticing your eyes blinking heavier and heavier....**

**Step 5 feeling another yawn escaping your lips....**

**Step 6 doubling your relaxation**

**Step 7 entering into sleep**

**Step 8 gently drifting off to sleep.**

**Step 9**

**Step 10.**

**[20 seconds]**

**Good night**

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