

## GUIDED MEDITATION

Welcome to this short moment of calm.

Begin by finding a comfortable position...

Allow your shoulders to soften...

And gently close your eyes.



Take a slow, deep breath in through your nose...

Hold for a moment...

And exhale softly through your mouth.

Let's do that again—

A slow inhale...

And a gentle exhale.

Now allow your breathing to return to a natural, easy rhythm.

With each breath, feel your body becoming a little lighter...

A little softer...

A little more at ease.

Bring your attention to the present moment.

There is nowhere else you need to be...

Nothing else you need to do...

Just this moment... just this breath.

As you inhale, imagine drawing in calmness.

As you exhale, imagine letting go of any tension or stress.

Feel it melting away from your forehead...

Your jaw...

Your neck and shoulders...

Flowing down your arms...

And gently leaving your body.

Take a moment to scan your body from head to toe.

If you notice any tightness, breathe into that area...

And let it relax with the exhale.

Now bring your awareness to your heart.

Imagine a warm, gentle light glowing there...

Soft... steady... peaceful.

With every breath, let this light grow warmer...

Spreading through your chest...

Down your spine...

Into your legs...

All the way to your feet.

Feel the warmth spreading to your arms...

Your hands...

And finally reaching the top of your head.

You are safe.

You are calm.

You are grounded.

Take one more slow breath in...

And let a sense of peace fill your entire body.

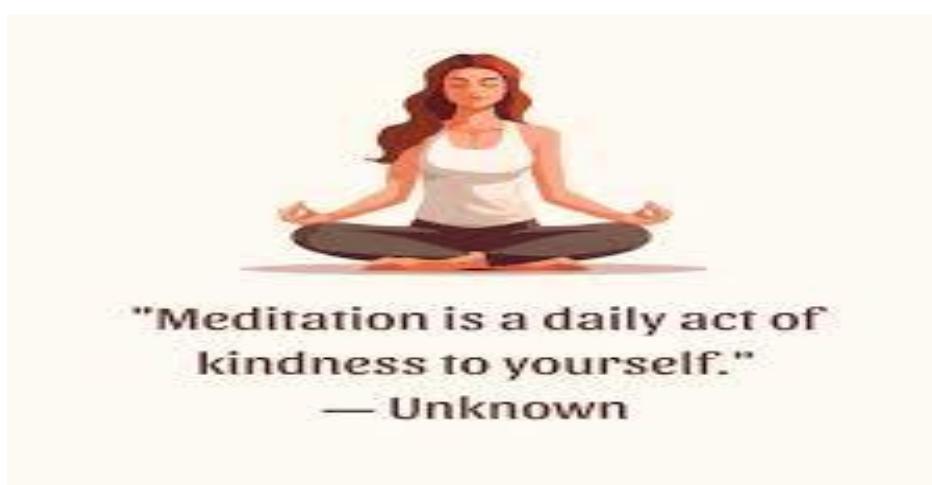
And as you breathe out, release any remaining stress.

Allow yourself to rest in this quiet space...

Present... relaxed... centered.

When you're ready, gently bring your awareness back to the room.

Wiggle your fingers and your toes... Roll your shoulders softly... And slowly open your eyes.



Carry this calm energy with you as you continue your day.

Thank you for taking this time for yourself.