

## Guided Meditation Exercise

(you can read this script or record it and play it)



- ❖ Make yourself comfortable and follow along with the script below:
  - Close your eyes and Listen to your breathing
    - Each breath you take makes your belly rise and fall
    - Notice how your body and mind are beginning to relax
    - Let your breathing become slower and deeper
    - Let a warm gentle sense of heaviness seep through your body
  - Now, Picture a door in front of you
    - Look at it in detail; is it a large oak door, a modern door? Is it a bright color?
    - Now notice the door handle, look closely at it, at its shape and contour
    - While looking at the door, allow your mind to wander, you don't know where it goes yet, but you have a feeling that it is somewhere relaxing, safe and restful.
  - Know as you turn the handle, the door will open to reveal a safe place
    - Notice what the place looks like, wander through it and reach out and touch your surroundings
    - Notice the texture on your skin as you make contact with your surroundings
    - Take a deep breath and smell the air
    - Take a few moments to feel the healing, restful, quality of this place.
  - Now, turn back towards the door you came in by and walk towards it
    - Go back through the door and close it behind you as you come back to where you lie, ready for sleep.