



Relaxation Meditation

THIS RELAXING MEDITATION WAS CREATED TO REDUCE EVERYDAY ANXIETY

Make yourself as comfortable as you can right now.

Sit or lie down. Close your eyes if this feels comfortable for you.

Allow yourself to just be - here and now.

Begin by becoming aware of your breathing.

Breathing deeply and consciously is the key to being calm and relaxed.

Take a deep breath in through your nose.

Now exhale fully through your mouth, blowing out all the air.

Continue to breathe this way for a little while.

Slowing down your breathing as the time passes - moving into a steady and calm rhythm.

Now imagine that you are breathing in a calm and relaxing energy through the soles of your feet.

Breathing it up through your body and breathing it out through the top of your head.

Breathing in through the soles of your feet and breathing out through the top of your head.

There is no right or wrong way, just flow and ease into the experience.

As you continue to breathe, feel yourself let go with each breath.

Now with each inhale think "calm".

With each exhale think "relax".

Inhale "calm".

Exhale "Relax".

Inhale "calm" and consciously relax the body and let go of any and all tension.

Exhale "relax" and feel your body loosen.

Now imagine a warm energy enveloping you, filling you with a peaceful silence, a quietness, which flows through your veins permeating every cell in your body.

Feel every part of your body, mind and spirit relax, allowing yourself to feel tranquil and balanced.

Become very aware of that deep sense of peacefulness inside of you.

Sit here breathing, slowly and naturally.

Letting go with each breath.

Moving closer and closer toward tranquility.

Calming yourself with each breath.

PAUSE - ALLOW TIME TO JUST SIT AND BREATHE.

When you are ready gently open your eyes and take in the room.

