

M e d i t a t i o n

RELAXATION

**Write a guided meditation script
AND READ IT ALOUD TO SOMEONE ELSE**

WRITING YOUR OWN GUIDED MEDITATION

What is a Guided Meditation?

Guided meditation is a state of relaxed concentration, guided by someone else's voice. It can be as short as a few minutes or as long as several hours. Either way, the purpose is to achieve mental, emotional and physical healing and stress relief.

Challenge: Symbolism

The symbol of a body of water is often used to represent emotional energy, but a body of water can take on many different forms. Ponds, pools, rivers, oceans and waterfalls each represent emotional energy in different ways.

Think about what kind of symbolic picture you would like to paint in the mind of the listener. What images heal? What places symbolize peace of mind? What objects represent clarity, or love, or freedom? Consider the specific purpose of your guided meditation, and then introduce symbols that represent that purpose and give deeper meaning to the journey...

Feedback:

Ask your listener for feedback. How did it make you feel? What did you see/imagine?

Getting started:

Do you have a pen and paper ready, or are you sitting at your computer ready to type?

Hold on a moment...there's one more thing to do before you start. It's time for you to do some meditation or to practice some relaxation exercises. Why? Because it's important that you are very relaxed before you start writing your guided meditation script.

Planning your script:

Different people take different approaches when they write a guided meditation script.

Some like to plan everything in advance, starting with a bullet point list of all the events that they wish to describe in the meditation. They then begin building the script around these step-by-step points. Other people prefer to get into a state of deep relaxation, and then allow the entire meditation script to flow through them in one go... it's up to you! What is most important is that you feel 'inspired'.

Optional Extra!

Why not record yourself reading the guided meditation aloud? Here are some top tips:

- Read slowly, in a calm, relaxing voice*
- Take deep breaths/pause between sentences to allow time for the listener to visualise...*
- If you can, try to use sound effects to help the listener visualise (e.g. gentle waves, birds, rain drops or rustling leaves).*

Step 1 - Getting comfortable

Give the listener a little time to prepare for the meditation and to get comfortable. Let them know if you would like them to be sitting or lying down. Perhaps you have some suggestions to make about the time/place in which they'll meditate. Just take a minute or two to 'set the scene'.

Step 2 - Visualisation

Relaxing the body and the mind with some simple visualizations and/or breathing exercises. Once the listener is in a relaxed state of mind they will be more able to conjure up imagery in their mind, and they will be far more relaxed. Make sure you use lots of descriptive language so they can really 'see' your special place!

Step 3 - The Journey

Now it's time to take the listener on a journey. Start by describing the environment that you wish the listener to experience. As you do so, attempt to involve the listener's senses. Describe what can be seen, smelled, heard and touched. The more the listener can connect their senses to the environment you describe, the more deeply they will become immersed in the journey. Create an experience that is both visual and tactile, and as you do, continue to reinforce relaxation. It's also good practice to remind the listener that they are safe and secure. *Top tip: Don't drag it on for too long!*

Step 4 - The Return

Slowly and gently, describe a return journey that ends in the place it began. Once the listener has returned to the starting point of the meditation, slowly bring their awareness back into the world around them. Finally, they can open their eyes.