

DIY GUIDED MEDITATION SCRIPT

Where are you?

What emotion would you like to
work with?

How will you connect to nature?

What will be the end result?

Think of some describing words and phrases for your environment.
List them below:

What can you see?

What can you hear?

What can you feel?

What can you taste and smell?

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Now it is time to write your script. I have included the initial relaxation script to get you started. All you need to do is use your imagination to take you on your personalised visual journey.

Initial relaxation:

Come to sit or lay in a comfortable position. Stop whatever you are doing to focus and observe your imaginary place. You will find out what you are thinking, feeling and doing by simply observing everything that is going on around you. Tune in to your breathing to feel calm. Focus on the breath in your belly. Notice how your belly feels as it rises and falls with each breath. That's it you're doing great. Continue your breathing, in a moment we are going to go and explore...

Describe your senses as you first enter your imaginary place.

Find one important part of your natural environment and connect to it, observing all of its parts and using all of your senses.

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Mid point connection to your emotions:

Bring awareness to the thought, feeling or emotion that you would like to work on today. Bring a loving and gentle attention to how you are feeling right now. It is normal to find a place in your body that is experiencing this feeling. You don't need to dismiss it or let it go, you just need to recognise it and accept it. Once you have connected to the emotion direct your attention to your breathing and trust your mind to continue on your journey whilst experiencing the emotion.

Connect with your environment again to release or affirm your emotion or feeling.

Bring your journey to an end by showing gratitude to your imaginary place and reaching your goal.