

# Visualisation Meditation Script

Let's start by settling into a comfortable position.

Take a few slow, deep breaths in and out through your nose.

[Brief pause]

Inhale and exhale. Feel the rise and fall of your belly and the gentle flow of air in and out of your nostrils.

[Brief pause]

Give yourself permission to slow down and be present for the duration of this meditation.

[Brief pause]

Now, imagine a warm, golden light hovering above your head. This radiant light is soothing and filled with peace.

[Brief pause]

Picture this light slowly moving towards you. As it touches the top of your head, feel its warmth spreading across your scalp, relaxing every muscle .

[Prolonged pause]

Now, picture it flowing down into your forehead, softening your brow.

[Prolonged pause]

See it moving down into your face, relaxing your eyes, your cheeks, and your jaw. Feel the soothing warmth melting away any tension.

[Prolonged pause]

Picture the light flowing down, reaching your neck and shoulders. Feel the warmth spreading through your neck, down into your shoulders, releasing any tension you may be carrying.

[Prolonged pause]

Allow the light to travel down your arms, flowing through your elbows, forearms, wrists, and into your hands and fingers. Feel the gentle warmth relaxing every muscle.

[Prolonged pause]

Now, bringing your awareness back to the center of your body, as the warm light moves down your chest, soothing your heart and lungs. Feel yourself becoming more and more relaxed.

[Prolonged pause]

Picture the light moving down towards your stomach, relaxing all the muscles around it.

[Prolonged pause]

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Now, feeling the warmth spreading through your lower back and hips, releasing any tension stored here.

[Brief pause]

You're feeling more and more relaxed as the light flows throughout your body.

[Prolonged pause]

The light is flowing down into your thighs, knees, calves, and ankles, relaxing every muscle in your legs.

[Prolonged pause]

Finally, picture the light reaching your feet and toes, filling them with a soothing, warm glow.

[Prolonged pause]

Now, imagine that this warm light begins to expand from within you, surrounding your entire body.

[Brief pause]

You're surrounded by warmth, feeling peaceful, relaxed and safe.

[Prolonged pause]

Resting in this sense of relaxation, knowing that you're supported by this warm, gentle light.

[Prolonged pause]

Now, whenever you're ready, slowly begin to bring your awareness back to the room.

[Brief pause]

Wiggle your fingers and toes, and gently stretch your body.

[Brief pause]

When you're ready, gently open your eyes.