

## 10-minute autogenic training meditation script

1. **Find a Comfortable Position:** Sit or lie down in a relaxed position. Close your eyes and take a few deep breaths to center yourself.
2. **Begin with Breathing:** Focus on your breath. Inhale slowly and deeply through your nose, hold for a moment, then exhale gently through your mouth. Repeat this a few times.
3. **Induce Warmth:**
  - **Hands:** Imagine a warm, comforting sensation spreading through your hands. Feel the warmth in your palms and fingers.
  - **Feet:** Now, direct this warmth to your feet. Visualize your feet becoming warm and heavy.
4. **Focus on Heaviness:**
  - **Arms and Legs:** Visualize your arms and legs becoming heavy and relaxed. Picture them sinking deeper into the surface beneath you.
5. **Promote Calmness:**
  - **Heartbeat:** Gently focus on your heartbeat. Imagine it beating calmly and steadily.
  - **Breathing:** Repeat to yourself, "My breathing is calm and steady."
6. **Relax Your Body:**
  - **Body:** Tell yourself, "My whole body is relaxed." Visualize each part of your body letting go of tension.
7. **Visualize Peaceful Imagery:** Picture a peaceful scene that makes you feel calm—such as a serene beach, a tranquil forest, or a quiet meadow. Allow yourself to be fully immersed in this image.
8. **Positive Affirmations:**
  - **Self-Confidence:** Repeat to yourself, "I am calm, relaxed, and in control."
  - **Well-Being:** Say, "I am at peace with myself and the world around me."
9. **Deepen the Relaxation:**

- **Mental Imagery:** Imagine a gentle wave of relaxation flowing from the top of your head down to your toes, releasing any remaining tension.

#### 10. **Gradual Awakening:**

- **Reorientation:** Slowly bring your awareness back to the present. Wiggle your fingers and toes, and gently stretch if needed.
- **Transition:** When you feel ready, open your eyes and take a moment to notice how relaxed and refreshed you feel.