

10-minute sound bath meditation script

1. Introduction (1 minute):

- Find a comfortable position, either seated or lying down.
- Close your eyes and take a few deep breaths.
- Set an intention for this meditation, such as relaxation, clarity, or healing.

2. Body Relaxation (2 minutes):

- Focus on your breathing. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth.
- As you breathe, let go of any tension in your body. Feel your shoulders, neck, and jaw relax.
- Imagine a warm, soothing wave of relaxation washing over you, starting from your head and moving down to your toes.

3. Sound Immersion (5 minutes):

- Begin to play your chosen sound bath instruments (e.g., Tibetan singing bowls, crystal bowls, gongs, or chimes).
- Allow the sounds to envelop you. Listen to the vibrations and let them resonate through your entire being.
- If your mind starts to wander, gently bring your focus back to the sounds. Notice how each tone affects your body and mind.

4. Deepening the Experience (1 minute):

- Visualize the sound vibrations clearing away any negative energy or stress from your body.
- Imagine these vibrations creating a healing, balancing effect, harmonizing your mind, body, and spirit.

5. Closing (1 minute):

- Gradually bring your awareness back to the present moment.
- Take a few deep breaths and slowly open your eyes.

- Take a moment to reflect on the experience and notice how you feel.