

10-minute spiritual meditation script

1. Preparation (1 minute)

- Find a quiet and comfortable place where you won't be disturbed.
- Sit or lie down in a relaxed position with your back straight but not rigid.

2. Deep Breathing (1 minute)

- Close your eyes and take a few deep breaths.
- Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth.
- Focus on the sensation of your breath moving in and out.

3. Relaxation (1 minute)

- As you continue to breathe deeply, allow your body to relax more with each exhale.
- Release any tension you might be holding in your shoulders, neck, or jaw.

4. Grounding (1 minute)

- Visualize yourself grounded and connected to the earth.
- Imagine roots extending from the base of your spine or feet into the ground, anchoring you firmly.

5. Centering (2 minutes)

- Bring your attention to your heart center.
- Imagine a warm, glowing light at your heart, growing brighter with each breath.
- Feel this light expanding, filling your entire chest with warmth and love.

6. Affirmation (1 minute)

- Silently repeat a positive affirmation that resonates with you, such as: "I am at peace," "I am connected to the divine," or "I am open to love and light."

7. Connection (2 minutes)

- Visualize a light or energy connecting you to a higher source, the universe, or whatever spiritual presence you believe in.
- Imagine this light flowing into you, filling you with peace, wisdom, and guidance.

8. Reflection (1 minute)

- Reflect on any insights or feelings that arise during the meditation.
- Allow yourself to sit in silence and simply observe any thoughts or emotions without judgment.

9. Gratitude (1 minute)

- Take a moment to express gratitude for the experience.
- Thank yourself for taking this time for your spiritual well-being and acknowledge any positive changes you may feel.

10. Closing (1 minute)

- Gradually bring your awareness back to the present moment.
- Wiggle your fingers and toes, gently stretch your body, and open your eyes when you're ready.
- Take a few deep breaths before returning to your day.