

30-Minute Guided Meditation Script

Introduction (2 minutes)

Find a comfortable position, sitting or lying down. Close your eyes.

"Welcome to this moment of peace and quiet. Let's take a few deep breaths together. Inhale slowly through your nose, filling your belly with air. Hold for a moment, then exhale slowly through your mouth. Repeat this a few times."

Pause for a few deep breaths

"Notice your body. Feel the weight of your body on the ground, or the chair supporting you. Let go of any tension. Relax your shoulders, your neck, your jaw. Just allow your body to soften."

Body Scan (10 minutes)

"Bring your attention to your feet. Feel the sensation of your feet, the ground supporting them. Move your awareness slowly up your body. Notice your ankles, your calves, your knees. Feel any sensations, without judgment. Continue to move your attention upwards, feeling your thighs, your hips, your belly. Let go of any tightness.

Bring your awareness to your chest and back. Feel your heart beating steadily. Notice your breath moving in and out. Let go of any worries or thoughts.

Continue this scan, moving your attention to your shoulders, arms, hands, and fingers. Feel the weight of your hands, the warmth of your skin.

Bring your awareness to your neck and head. Relax your jaw, your eyes, your forehead. Feel the top of your head connected to the sky. Let go of any tension."

Mindfulness of Breath (10 minutes)

"Bring your attention to your breath. Feel the rise and fall of your belly. Don't try to control your breath, just observe it. Notice the sensation of the air entering and leaving your body.

If your mind wanders, gently bring it back to your breath. There's no right or wrong way to meditate. Just observe your thoughts without judgment.

Continue to focus on your breath. Feel the rhythm of your inhale and exhale. Let go of any distractions."

Loving-Kindness (5 minutes)

"Bring your attention to your heart. Imagine a warm, loving light filling your chest. Send this love and kindness to yourself. May you be happy, healthy, and peaceful.

Now, imagine sending this love to someone you care about. May they be happy, healthy, and peaceful.

Expand this feeling of love and kindness to include all beings. May all beings be happy, healthy, and peaceful."

Closing (3 minutes)

"Take a few deep breaths. Slowly open your eyes. Bring your attention back to your surroundings. Notice how you feel. You may feel more relaxed, calm, and centered.

Remember, this meditation practice is a gift to yourself. Take some time each day to cultivate this inner peace."