

Alleviate Depression

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Begin by taking a deep breath and hold it for 5 seconds...exhale and relax....take another deep breath, as deep as you can, and hold it...count for 5 seconds...and as you exhale just imagine blowing out all of your stress....take a third deep breath and hold it....and as you exhale you blow out any stress you've been holding on to, saying to yourself "relax now"...

This is your new solution to stress.

Whenever you become stressed in the future, you simply take 3 fully in and deep breaths, holding it at the top of the inhalation for 5 seconds, and when you exhale, blow out any stresses that you feel.

And on the third breath as you exhale you simply say to yourself, relax now.

From now on you choose to be relaxed.

You choose to be calm.

You choose to be in control of all you do because your health is very important to you.

Remember that it is natural for you to be healthy and happy.

It is unnatural for you to have sickness and misery.

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Now hear yourself saying:

Each day, in every way, I get better and better.

In order to make change I challenge myself.

Change is not comfortable, in fact it is inconvenient, so if I feel comfortable with the change I am making, I am probably not extending myself enough.

When I have a negative thought, I acknowledge that I feel this way and then I release it.

When another negative thought arises, I catch it quickly and I say with confidence, I acknowledge that part of me feels this way, but this thought does not help me right now.

Each day, in every way I get better and better.

Whenever I am presented with feelings of stress, I know my breath is there to soothe me and guide me into relaxation.

Every single day, I become more aware of all the good things going on in my community, and in the world around me.

When I feel that darkness is surrounding me, I know that the way to see light is to take 3 deep breaths, relaxing my mind and body by doing so.

Each day, in every way I get better and better.

In order to make great change, I challenge my thoughts.

From now on I challenge every single negative and unproductive thought that arises.

From this point forward, whenever you find yourself having negative unproductive thoughts, you will immediately say to yourself the word STOP.....

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Let me repeat that to you so that it is perfectly clear.... whenever you find yourself having negative unproductive thoughts you will immediately say to yourself the word STOP, and as soon as you say the word STOP you'll find that the negative thoughts you were having will just disappear.

This gives you the opportunity to start a new positive thought process.

Good. You are doing very powerful work by practicing this meditation daily, without skipping a day.

This is the way you change your life for the better.

