

# Focusing on Being a Healthy Person

## 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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Welcome. I am Honored to have your presence, and this opportunity to guide you.

So let's begin. ...

You desire to make healthy eating choices..

Breads, rice, and sugars never agree with your body.

You want wake up early for a morning run, so that means going to bed early.

You want to be able to make decisions for yourself, and not worry about inconveniencing anyone.

You want to be consistent and professional, so always changing your plans just to appease others actually works against you.

You want to breakdown any barriers causing you disconnect from others regarding your business.

In order to achieve these desires, you must become relaxed and then focus on what it is that you really want and need in your life.

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It is up to you to dedicate time every single day and make the necessary efforts towards your goals.

So say firmly to yourself, "My intent is to wake up early, quit sugar and all foods that turn to sugar, get rid of any blocks I feel regarding business needs.

I make necessary plans without feeling like I inconvenience others, because this is the recipe for success.

I know I am able to talk to many people so that my business flourishes.

In order to do this, I am completely honest with myself and others.

Getting done all that needs to be done, with balance and ease.

Get into a very comfortable position and make sure you will not be disturbed.

Give yourself now, the time to breathe your very best.

For most of us we go entire days without even thinking about our breath, yet it is the very thing keeping us alive.

Your breath has been there for you since the beginning, fitting to each moment exactly as it needs.

The breath never asks questions and it never judges you.

It simply does what is required, instantaneously.

Let's honor our breath now, and all that it gives us, by taking 5 significant and purposeful breaths.

1 fully inhale....expanding your belly and chest as much as you can.

Holding it for a moment...

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And exhale....feeling a wave of relaxation sweep over you

2 inhale....filling your entire breathing system with fresh oxygen.

Hold it.

And exhale....noticing again that wave of relaxation gently sweeping over you

3 inhale....very deeply so that you are brimming with air.

Taking a moment at the top to soaking in the life force we call oxygen.

And exhale....noticing your body relaxing in different areas, without any effort from you

4 fully inhale the life force, beginning to feel these breaths purifying your entire body

Exhaling now, not having to do anything at all....just notice how you are feeling

And 5, last one, a full, beautiful breath coming in....hold it, feeling the goodness of this simple task

And exhale, allowing that wave of relaxation to sweep, again over you.

Just take note of how you are feeling in this very moment.

You now have an abundance of oxygen.

This is how we were truly created to feel.

Breathing deeply and fully is an expression of self-compassion

Let your breath be natural now, and notice how abundance feels.

Good.

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This is your new tool that you use when faced with feelings of blockages or worries.

You immediately pause, and take 5 deep, purposeful, and powerful breaths.

That allow you...to relax.

Taking these conscious and dedicated breaths make it even difficult for you be unbalanced.

Next time you catch yourself, at a standstill, you must take these 5 healing breaths.

Good...

Now, let's ease into a state of complete relaxation, opening the subconscious mind, allowing for any changes to take place.

Begin to slowly blink your eyes, and with each number, blink once. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0.

Allow your eyes to gently close, and when you do this you feel a wave of relaxation sweep over you

Now just become aware now of your body, and feel the space around you.

Notice how the space around you hugs to your shape.

Notice the feeling of your weight pressing down.

And see if you can feel the earth below you, as if it's pressing up, supporting you.

Good.

Now become aware of the very top of your head and put all of your focus there, noticing any sensations you have there....now, moving down focus now on your eyes, and feel how they feel and notice the tiny movements they are making.

These movements relax you further.

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Notice now your nose and feel the air passing through as you breathe in and out.

Noticing now your mouth..

And taking your awareness down your neck and if you notice any tension just ask it to release.

Notice the sensations in your body is making you very relaxed and comfortable.

Become aware of your chest and lungs.

Expanding and contracting with your breath.

Perhaps you can feel your heart beating, pumping with love.

Now send your focus down your arms, all the way to each fingertip, feeling the sensations of touch in your fingertips.

Your focus is now on your abdomen and all of your vital organs.

Just notice how your belly feels and how it's digesting.

Notice your pelvis and hips and the sensations of your weight pressing down.

This takes you deeper into a state of relaxation.

Your awareness goes down each leg, over your knees and down all the way to your feet and to each toe.

Notice how completely relaxed your entire body feels right now.

Good, you now have become aware of every part of your body.

This is meditative.

I am going to tell you something very important, and you will deeply hear the words that I have to say to you, and they will affect your life for the better.

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You are completely aware at every level of your mind, and even though your body may feel asleep, these things I am going to tell you change your life for the better.

Eating healthy is the first step in being healthy and is a lifetime commitment.

You choose to eat whole foods and completely eliminate sugar and breads.

You never purchase prepackaged foods that have too many ingredients.

Even though you may think these things taste good, they are not good for our bodies.

You scour all areas where food is kept... cabinets, the freezer, and refrigerator and you throw out ALL foods that contain ANY sugar.

Bread and rice turn directly into sugar, so throw out ALL of these items as well.

Eliminate eating out and take out food.

Each day you strive to cook at home, and you enjoy this new task.

Cooking healthy foods at home has replaced any concerns about eating sugar and breads.

And you see immediate result in how much joy cooking brings you.

Exercise is also very important.

You start your day by going on early runs outdoors and passing through or by some nature.

When you run, gaze at the plants and trees and feel them supporting you in your journey.

They do provide you with oxygen after all.

When you notice a troublesome thought is coming your way, look at nature and appreciate its oxygen and take a deep breath.

Breathing and exercise remove toxins from our bodies and heal us in every way.

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Here are some basics in cultivating balanced and healthy relationships.

It is important to care about others, but you must be cared for as well.

Others appreciate you when you are completely honest with them.

And others appreciate you when you are completely honest with yourself by taking care of your own needs.

It is healthy and important to not extend yourself too far, in any circumstance.

You feel completely free to let others handle what they need to take care of, concentrating on the tasks you need to complete.

Your business requires a lot of social interaction in many ways.

You have an excellent understanding of how to manage your time, perfectly fitting in to every day all that you need to accomplish.

You take care of business priorities first, without getting distracted by other tasks.

It's easy for you to talk to hundreds of people in a single day, making you feel good while doing so.

Each person you speak with is an achievement.

Your business thrives when you tend to each person with clarity, one by one.

Notice how you are feeling...

Now hear yourself saying:

"I go to bed early and with ease so that when I rise, I am well rested and ready for my morning run through nature.

I have found myself again by expressing my needs honestly with my loved ones, taking on only as much as I can handle.

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I never feel inconvenienced by friends and family, because I set firm boundaries with what I allow myself to take on.

In my business ventures, helping others succeed is crucial for my success.

I do this easily and with confidence.

I see clearly the tasks I need to complete and I do so efficiently and effortlessly.

Others admire me because I exude integrity because I am honest with my words and inner feelings.

I am welcomed on social media sites, and I exude confidence when communicating regarding business.

Others value me because I greatly value myself.

I am consistent and professional, sticking to plans that I create.

I feel completely free to kindly say no when someone asks too much of me.

Even though I feel tempted to eat breads and sugar, I choose healthy foods instead, and my body always thanks me for this choice.

When I have free time, I research healthy foods to eat and which foods to avoid.

Balancing family and business is very important to me, so I always take care of my needs first, creating a wave of harmony.

In order to change all that I desire, I simply practice new techniques that build healthy habits every single day, without skipping a day.”

And notice how you feel.

Good, you did such a good job today.



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So let's come back to wakeful awareness, bringing back all that you have learned today.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Thank you and good job today.

