

# Mental Relaxation for Sleep

## 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



### Sleep-Mental Relaxation

[To be read in a melodic and slow way of speaking]

[“...” = 3 second pauses]

Perhaps sometimes you may wish that there was an off-button for your mind.

[pause 4 seconds]

An overly busy mind can halt us in many ways throughout our lives....and one of the main things a busy mind interrupts, for millions of people around the world, is a good night's sleep, every single night...

[pause 4 seconds]

Why is this so?

To answer this, let's relax your mind just a little bit right now..

[pause 4 seconds]

Imagine that your mind is represented by a river, with waters that sometimes flow by slowly when there is a lack of rain, or sometimes very quickly.

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### Sleep-Mental Relaxation

Depending on the weather...and the time of year.

[pause 4 seconds]

Your mind is the river.

Your thoughts are the water.

[pause 4 seconds]

How quickly is your river of the mind flowing right now?

How fast are the thoughts, represented by water, flowing in the river?

[pause 4 seconds]

Just watch this flow as if you are sitting on the riverbank, enjoying it.

[pause 4 seconds]

Good.

[pause 4 seconds]

Now just allow for the seasons to pass and the weather to change and watch your river change along with it.

[pause 4 seconds]

The seasons represent your overall happiness in your life....

Are you achieving quarterly goals you set for yourself?....

Seasons change but each one of them can be viewed as beautiful....

Seasons can be tough, or they can be mild and enjoyable.

[pause 4 seconds]

The waters of the river represent your thoughts....

When you focus your thoughts on your goals and desires, your river slows, and becomes crystal clear....

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### Sleep-Mental Relaxation

The birds and the wildlife are able to see fish that they will catch to feed themselves and their offspring....

The fish can find sources of foods because the waters have slowed enough to allow for bits of plants to settle on the water and soften, and live bugs can land on the water for them catch.  
[pause 4 seconds]

Now for a moment imagine a storm of thoughts is coming for your river.  
[pause 4 seconds]

See the waters rise and the animals scurry....

The fish hide in safer areas and there are no bugs flying around. It is only rushing by a little faster now, yet the storm is building....

The more thoughts you let into your mind, the more the waters rush by....

It becomes a threatening river so quickly that you cannot sit on the bank watching your river any longer and observing the beauty....

You must seek shelter from the storm....

This storm of Thought has taken the ability to observe away from you.  
[pause 4 seconds]

It takes a while for a storm of thoughts to pass, and even longer for the after-effects of the storm to calm.

The waters continue to rush at high speeds for several days or so....  
[pause 4 seconds]

This is what happens when you allow a storm of thinking to enter your mind....

It disrupts you for some time, until the waters can naturally settle.  
[pause 4 seconds]

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### Sleep-Mental Relaxation

We want to always remain on the bank of our river, observing abundant nature and clear calm waters.

[pause 8 seconds]

We all know sleep is necessary and rejuvenating, so why do so many people suffer to achieve restful sleep?

Because they do not take charge of their busy mind, moving it from worry to relaxation.

[Pause 3 seconds]

Like I mentioned before, allowing a busy mind to go free is like never training a great horse.

[Pause 3 seconds]

The mind needs to you be in control and needs you to train it how to work for you.

[Pause 3 seconds]

A calmer state of mind allows for you to not only sleep better, but eliminates anxiety, increases focus, treats depression, stops circular thinking, improves your memory, betters your relationships, satisfies the body, and increases emotional intelligence.

[Pause for 3 seconds]

The key to attaining all these things is actually very simple, and natural for all of us.

[Pause 3 seconds]

The key is to bring into our mind the awareness of all physical sensations.... and bring into your mind your emotions.... and bringing into your mind your thoughts.....this is meditative, and simply doesn't allow for bothersome thoughts to have any power over you.

[Pause 3 seconds]

Your ability to emotionalize and feel things is much more powerful than a busy mind....

Your ability to create and ponder new ideas and a new self image supersedes a noisy mind.

[Pause 3 seconds]

All a noisy mind is good at is distracting you.....

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### Sleep-Mental Relaxation

It doesn't achieve anything....it doesn't build on any new ideas....it doesn't emotionally connect with others around you....in fact, an overloaded and out of control mind acts to disconnect you....from others....and from yourself....

[Pause 3 seconds]

A bustling mind is tiring, yet it doesn't allow for you to rest.

[Pause 3 seconds]

Giving up control of your mind is like feeding your child nothing but breads and sugar and candy.

They are going to lose control because of the unhealthy information they are taking into their system.

[Pause 3 seconds]

Let's put our mind now in the "being" mode right now by implementing positive affirmations. Say to yourself now,

"Thoughts are only thoughts.

[Pause for 5 seconds]

I live in the present, not in the past or in the future.

[Pause for 5 seconds]

I draw from my past when I need to plan for my future, but I always live in the present moment.

[Pause for 5 seconds]

I take notice of my body often throughout the day, easing and relaxing my body by doing so.

[Pause for 5 seconds]

I take notice of my surroundings to ease my mind.

[Pause for 5 seconds]

When thoughts begin to swirl in my mind, I have compassion for them and acknowledge them, knowing they are simply thoughts.

[Pause for 5 seconds]

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### Sleep-Mental Relaxation

My thoughts come and go.

[Pause for 5 seconds]

Everyone's thoughts also come and go, I am no different.

[Pause for 5 seconds]

When I watch my thoughts like the waters of a river, I never get caught in a thought, I am just a witness.

[Pause for 5 seconds]

Stopping my thoughts is impossible. Instead, I observe them arriving and leaving.

[Pause for 5 seconds]

Instead of jumping into thoughts emotionally, I observe which thoughts I want to cultivate more of.

[Pause for 5 seconds]

I know that which thoughts I put my energy to is what I create for myself.

[Pause for 5 seconds]

By taking the time to practicing these methods I really feel a difference.

[Pause for 5 seconds]

I have the patience to re-train my mind

[Pause for 5 seconds]

I re-train my mind so that I can get rest when I need it.

[Pause for 5 seconds]

I have patience when I'm training my mind, just as I would have patience training the most magnificent horse.

[Pause for 5 seconds]

I am kind to myself with this new way of being.

[Pause for 5 seconds]

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### Sleep-Mental Relaxation

I am kind to others and I never allow overthinking in the form of judgement to cloud my relationships.

[Pause for 5 seconds]

I am persistent because I know the rewards are well worth the effort.

[Pause for 5 seconds]

I see benefits right from the very start of my practice.

[Pause for 15 seconds]

Good.....

Now remember that each day you practice mindfulness techniques, the more restful and deep sleep that you receive each night.

[Pause for 15 seconds]

Just relax down even more now letting your body make any last adjustments it needs so that you get the most restful sleep every night of your life.....

[Pause for 5 seconds]

goodnight.....

