

# Reducing Depression with Someone Else's Love

## 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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I'll share a mindfulness exercise that can help alleviate depression.

So if at any time  
you experience any uncomfortable thoughts,  
that it is normal.  
Just redirect yourself back to your breath  
Or the specific exercise instructions.

If overwhelming thoughts persist,  
be sure to share them with your healthcare provider.

While uncommon, if you experience a psychiatric emergency,  
please call your doctor, or dial 911 to get some support.

With that in mind,  
Let's begin by exploring how we can bring mindfulness  
To depression.

As with all difficult emotions,  
mindfulness will help you reconnect with your bodily sensations,  
Where the trauma lives,

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And connect it with the love that you already have inside you,  
To help defuse blocked energy,  
and integrate what's happened to you  
both cognitively and emotionally.

Once your self-soothing skills are in place,  
This is easier to do.

More and more  
People find that directing their attention  
To their bodies  
And the sensations within  
helps them to relax,  
feel stronger,  
and improve their sense of well-being.

It not only reduces depression,  
but alleviates pain,  
lowers anxiety,  
and boosts the immune system,  
to name just a few.  
It begins by helping you  
to relax,  
and clear the mind.

Then,  
it calls upon your senses  
and awareness  
to engage your embodied presence.

Finally,  
it encourages you to experience  
a new way of being,  
one with a strong sense of love, care, courage,  
and self-compassion

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One that feels fuller,  
And engaged with each passing moment  
Without getting caught in whatever has happened  
in the past.

Should you notice  
your mind wandering away from anything i ask you to do,  
you can gently guide it back to what's happening,  
here and now  
With gentle ease.

So to begin this mindfulness exercise for depression,  
see if you can position yourself  
as comfortably as you can,  
shifting your weight  
so you're allowing your body  
to be fully supported  
by you chair,  
or your bed,  
or whatever is supporting you.

Taking a couple of deep,  
full,  
cleansing breathes,  
inhale fully  
And comfortably,  
deep into the chest  
And belly

In and out.

Now,  
see if you can send the warm energy of your breath  
to any part of your body  
that's tight  
or heavy  
and release the discomfort  
with the exhale.

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You can feel your breath  
going to all the  
tense or heavy places,  
loosening and softening them.

See if you can feel the healing action  
of the breath  
with friendly  
but detached awareness.

Any unwelcome thoughts  
that come to mind,  
those too can be sent out  
with the breath,  
released with the exhale  
so that for just a moment  
the mind is empty.

Allow any feelings  
to just come up  
and move through you,  
seeing it  
as a kind of necessary rinsing  
that's taking place.

Any emotions  
that you sense  
might be embedded in there,  
those too are noted  
and acknowledged  
and sent out with the breath  
so that you're emotional self  
can be still and quiet.

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And now, picture someone who loves you  
More than anyone else loves you.  
They could be alive, or passed away...  
It could be a parent, a child, a pet, a spiritual figure...  
Someone who loves you unconditionally,  
With strong feelings warmth  
And care...

Reflect on their love for you,  
And how they look at you...

See if you can feel their charge  
Of powerful, loving energy  
in your heart...

Warm pulsing waves  
of nourishing,  
soothing energy,  
moving right through barriers  
of dull, deadened space.

Melting away  
any thick heavy fog in the body,  
And the mind,  
going straight to the core  
of your energy,  
releasing and awakening it  
and feeling it begin to expand  
all through your body,  
charging and renewing  
each and every cell.

Feel your energy gather,  
Getting stronger,  
deep in your center.

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The rich, vital supplies  
of your own unique life force,  
radiating strength and purpose  
to every corner of your being.

You can breathe  
more deeply and easily,  
filling your whole body  
with this generous,  
healing energy.

Feeling its warmth  
and aliveness,  
send hope and comfort  
to every part of you.

Breathing in  
to touch it,  
breathing out  
to let it move through you.

Feel your body awoken,  
feel the fog around you  
dissolve and lift.

The dullness evaporating in your body,  
the mind sharpening,  
the senses coming alive

With each breath,  
Breath, by breath,  
Moment, by moment.

You understand  
how hard it has been,

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how cut off

You may have felt  
from yourself and others,  
Living with some form of depression  
Around your heart.

How isolated  
you may have been,  
in this heavy fog  
that has surrounded you.

And see if you can feel with your whole heart,  
with your whole being,  
that you are in the process of healing,  
that you will continue to heal  
as you more and more release  
the places that hold pain and resentment,  
disappointment and self-hatred.

As you breath  
With this increased energy pulsing through you,  
you can remember  
the feel of your body  
With its full vigor,  
doing what it loves to do,  
strong, and smooth, and steady,  
alert and focused,  
enjoying its aliveness.

Breathing in  
to touch it,  
breathing out  
to let it move through you.

Sending your own energy  
to every corner  
of your being.

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Rich and full and clearer than before.

Now take a deep  
full cleansing breath,

You might feel  
that something powerful  
has happened  
In your heart, your body, and your mind,

And now,  
feel yourself  
sitting in your chair  
or lying down,  
breathing in  
and out  
very rhythmically and easily,

And open your eyes  
Whenever you're ready.

So, thank you for having the courage  
To do this unusual mindfulness practice.

To recap,

It's very useful to practice bringing kind awareness to the sensations of your body. This will serve as a foundation for concentration and present-moment attention.

Also, it can be easier to access more energy and love in the body by calling forth an image or feeling from someone who loves you more than anyone else does.

And finally, see if you can use this energy and love to help dissolve blockages and barriers around your heart, your belly, and any area of your body that may feel heavy, tense, or disconnected.

I hope this mindfulness practice has helped you.  
Thank you for your mindfulness.