

Relax, Accept, Break Habits, Learn and Be Happy

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



Be Happy and Relaxed Script

Hello and welcome, I'm so happy to have the opportunity to guide you.

So let's begin. ...

Find a comfortable place to lay down where you will not be disturbed by anyone or anything for the duration of this recording.

You want to be relaxed, happy, accepting, break habits and learn new things.

In order to do these things you must become relaxed and then focus on what it is that you really want and need.

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

So say to yourself, "I intend to relax, be accepting of life as it comes, break bad habits and create new helpful ones, and be open to learning new things, always being genuinely happy."

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

It's easy to relax, even though you might not get the chance to often.

So Let's take 5 deep breaths together to oxygenate all of our body's systems to start.

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Inhale, and exhale slowly.....inhale, and exhale.....inhale, and let it go.....breathe in, and out.....breathing fully in, and let the air escape.

Good.

Let your eyes wander around, looking at all the things around you without looking too long at anything in particular.

Now without any effort, allow your mind to choose in front of you something to focus on and do not look away.

Begin to slowly blink your eyes, and with each number I say, blink once, continuing to stare at that spot in between numbers (pause for 3 seconds in between each number) 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, and 0.

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

And now let your focus move down to your eyes.

Just notice how your eyes feel and ask them to relax even more.

The little movement in your eyes is called rapid eye movement and is completely normal.

These small eye movements allow for you to feel calm.

Notice how the back of your head feels against the surface that it is touching.

How heavy does your head feel right now?

Let your focus move to your nose, and feel the slight sensations of the air moving in and out with your breath.

When you breathe in, imagine that you are being filled with calmness, and when you breathe out, imagine your body feels heavy and deeply relaxed.

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Very good.

Now focus on your ears.

Notice how they feel, and what they hear around you.

Try to hear every single noise.

When sounds come into your ears they act as little waves of relaxation taking you even deeper.

Notice the sound of my voice and how soothing and motherly it is.

From here forward you can only hear my voice guiding you.

All other sounds passing though only take you deeper into a state of calmness.

Now focus on your mouth, how does it feel?

And what do you notice?

Can you sense the flavor of something you recently tasted?

Perhaps you can imagine biting into a fresh slice of an apple, and you notice how your mouth waters.

Very good.

And move your focus down now to your neck, and if there is any tension just ask it to release a little more.

Notice how your neck feels right now, and just feel all of the sensations in your neck.

Now focus on your shoulders and move your attention slowly going down each arm, down all the way to each fingertip.

What are your fingertips touching right now?

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Feel the sensations on your fingertips.

Nice.

Allow your focus to go to your chest, relaxing this area, as well as your upper back.

And if you notice any tension, just ask it nicely to release just a little.

Now imagine you are focusing on your heart, and feeling it beating strongly, supporting you.

Relax your heart and notice how good it feels to do so.

And now focus on your lungs.

Feel them gently expanding and contracting with your breath, delivering oxygen to your body.

Allow your focus to move down your vital organs and digestive system.

Just notice your belly and how it feels, just observe it working and digesting effortlessly for you.

Now notice your lower back and how it is pressing against the surface you are on, and if you feel any tension just say, please relax just a little more.

Focus now on your pelvis and hips and notice any sensations you are having there.

This takes you deeper into a state of relaxation.

Allowing your focus to move down each leg now, slowly relaxing those as well.

Your legs have been taking you so many places over the years and they deserve to fully relax.

Notice this wonderful wave of relaxation moving down to your knees and down your lower legs, all the way to your feet and the very tip of each toe.

Good, you are doing so well.

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Ok now we are going to take our focus back up the body the same way we came but this time imagine that in through your toes you are slowly pulling in your favorite color.

Okay imagine your favorite color is coming into your toes and your feet.

It goes up your legs passing through your knees and up into your pelvis and hips.

This beautiful color is filling up your digestive system and belly.

It fills your vital organs and continues into your lungs.

This color is healing you as it fills you.

It fills your heart and you notice how happy you are becoming by doing this.

The color goes across your shoulders and down each arm all the way to the fingertips.

Your favorite color is moving up your neck now, relaxing it as it goes.

It fills up your mouth, ears, nose, eyes, and then quickly fills all the tiny areas of your brain, relaxing it too.

It moves all the way to the very top of your head where we began.

Good.

Notice how completely relaxed your entire body feels right now.

(Beach visual and writing name in the sand)

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.

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 will build you ability to relax, be accepting, break habits, learn new things, and be happy.

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You want a life that is passionate and fulfilling.

You are fully capable of relaxing at any time you need to, allowing for life to come as it does, accepting the moments that are challenging as well as those that are pushing you quickly towards your goals.

When you feel a moment of tension come, the way you instantly relax is to take a big, deep breath and focus only on that breath when you do so.

Allow nothing else to matter except your breath and if you do this correctly you will instantly feel more relaxed.

If you need, you can take a few more deep breaths, relaxing you even further.

This is the main key in changing your life for the better.

Remembering to breathe is the key.

Good.

In life, if you desire to be fully happy, there's no other option than to accept things as they are.

The changes you make can only happen through yourself, acceptance being the primary goal.

Imagine that you are in some kind of an argument and if you do not accept the situation as it is, you will be angry, and that clouds your ability to be happy.

When you get upset it is difficult for you to think clearly and to accept the situation as it is.

Good.

Do you see how being accepting of all situations allows for you to be happy.

It's very beneficial when you are in a state of relaxation to focus on being happy.

Relaxation is the key to everything.

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Once you fully relax, your mind is clear, and your body is calm.

With this newfound relaxation technique, and ability to accept things as they come, you are able to learn how to become a happier and more relaxed in your life.

You know that in order to be fully happy, you must find any possible ways to eliminate bad habits that keep you from being happy.

It's easy to notice your bad habits now, and when you do, take a big deep breath, relaxing, and accept that you are being presented with a moment you can change.

Each time that you are triggered towards a bad habit, is an opportunity.

An opportunity for you to learn to accept the situation as it is.

In learning to accept the situation as it is, remember relaxation is your key and it allows you to make the necessary behavior change to move your life towards the better.

You will do this effortlessly because it is very important to you, and the moment you make this change for the better, you will become a happier person.

And lastly, the final step to achieving all these wonderful things is that from now on, you think, walk, act and feel genuinely and deeply RELAXED.

In those times when you need accept the situation as it is, it is easy for you to do so, and you feel how happy you are.

Your posture exudes confidence and your head is held high.

From now on your actions with everyone you encounter are that of complete acceptance.

You genuinely accept things as they are, bringing you peace and relaxation.

Each time you encounter a bad situation, you feel a deep knowing that this is an opportunity to just let go and accept it a chance to be happy.

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Now, say to yourself with certainty, "I can relax whenever I want to by breathing deeply, and I fully accept others and situations as they come.

I notice when bad habits arise and will easily change them in order to learn new things and improve my life.

All of these things I accomplish make for me to be fully happy in my life."

And notice how that feels.

Good, you did such a good job today.

So lets come back to wakeful awareness and bring back all with you that you learned today.

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

Remember let go and be happy.

