

Total Body 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



Nap - Muscle Relaxation

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

[“...” = 3 second pauses]

Make sure you are in a very comfortable position and that you will not be disturbed....

You can listen to this session at anytime...

Be it in the day, when you can catch a break, or at night, when you are ready to float off into a long night's sleep.

[Pause for 3 seconds]

Take a large breath in, pulling in as much air as you can....and just let it go.

[Pause for 3 seconds]

Allow yourself another full and beautiful breath.... letting it go without pushing the air out too hard.

[Pause for 3 seconds]

Take one more breath, in your own pace.... as full as you can... holding it for a moment.... and let the air go.

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[Pause for 3 seconds]

Nice. Taking a few big breaths whenever you are ready to rest is now your priority.

[Pause for 5 seconds]

Begin to focus on your right palm....

Relax your right palm and hand....relax each finger, one by one.....relax your right wrist.....your forearm.....your elbow....relax your right bicep and entire upper arms.....relax your right shoulder and down to your right hip, relaxing it too.....you relax your right leg all the way down to your right ankle and foot.....each tow on your right foot slowly lets go completely.....bring your awareness up now to the right side of your neck, relaxing it.....allow any sounds that you hear to feel like tiny waves of relaxation going into your right ear.....the entire right side of your head fully relaxes.....

Your right brain relaxes, allowing creativity to be fully accessible.....

Your entire right side is fully calm and relaxed.....

Sleep is easy for you when you feel this relaxed.....

[Pause for 5 seconds]

Good....

Begin to focus on your left palm...

Relax your left palm and hand...relax each finger, one by one.....relax your left wrist.....your forearm.....your elbow....relax your left bicep and entire upper arms.....relax your left shoulder and down to your left hip, relaxing it too.....you relax your left leg all the way down to your right ankle and foot.....each tow on your left foot slowly lets go completely.....bring your awareness up now to the left side of your neck, relaxing it.....allow for any sounds that you hear to feel like tiny waves of relaxation going into your left ear.....the entire left side of your head fully relaxes.....

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Your left brain relaxes, allowing rationality to be fully accessible.....

Your entire left side is fully calm and relaxed.....this makes bring you closer to falling asleep.

[Pause for 5 seconds]

Good....

Now, taking your awareness, starting with the back of your head....allow the weight of the back of your head to generate relaxation....the back of your neck relaxes.....your shoulders and shoulder blades fully relax.....your entire upper back is completely relaxed.....your spine relaxes starting from the neck...slowly going down, bone by bone....relaxing your nervous system that runs though the spine.....there are 33 bones in your spine and each one of them is relaxing one by one.....good.....

Your lower back relaxes as it presses against the surface you are laying on.....your hips, pelvis, and glutes relax....the back of your legs, all the way down to your ankles relaxes.....this makes you feel so sleepy...

[Pause for 5 seconds]

Good.....

We are going to go through one more focus scan on the front of our bodies, starting at your forehead.....many of us hold tension in our foreheads....so allow your forehead to just melt away, allowing wrinkles to flatten.....this also relaxes the frontal cortex of the brain.....the place of creative formulation.....relax your eyes now and notice they are making tiny movements....these movements are called rapid eye movement which allow you to relax, even more.....and notice your nose and how the air passes though, allow this flow to relax you.....relax your mouth and your tongue.....

Relax your throat.....going down relaxing your entire lungs.....relax your heart.....relax your ribs and stomach.....allow off of your vital organs to relax.....your liver.... pancreas.... spleen..... kidneys.... your entire digestive system relaxes.....your reproductive organs completely relax..... the tops of your legs relax all the way down the tops of your feet.

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[Pause for 5 seconds]

Good.....

Every single part of your body is so relaxed right now.

[Pause for 5 seconds]

Just enjoy this feeling for some time.

[pause for 1 minute]

Now you are going to relax your body one more time, but in a different way.

[Pause for 5 seconds]

A fully relaxed body makes sleep come easily and effortlessly.

[Pause for 5 seconds]

Make a fist with both of your hands and squeeze as hard as you can for 5 seconds,

[Pause for 5 seconds]

then let go completely.

This is called tensing, or tense.

[Pause for 5 seconds]

Tense your entire arms, flexing every muscle in your arms for 5 whole seconds.

[Pause for 5 seconds]

And release completely.

[Pause for 5 seconds]

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Now tense your chest and abs as much as you can.

Holding it for an entire 5 seconds...

[Pause for 5 seconds]

And relax your chest and abs.

[Pause for 5 seconds]

Tense your pelvis and hips and reproductive organs, holding tension firmly for 5 seconds.

[Pause for 5 seconds]

And relax this area.

[Pause for 5 seconds]

Tense your entire legs as much as you can.

Holding this tension for 5 whole seconds.....

[Pause for 5 seconds]

And release the leg muscles completely...relaxing your legs.

[Pause for 5 seconds]

And lastly....tense your feet as much as you can. Holding..2..3..4..5..

And relax your feet.

[Pause for 5 seconds]

Good. By doing this you activate, and then deactivate each muscle in your body, causing a continuous relaxation.

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[Pause for 5 seconds]

Now just stop doing anything at all.

[Pause for 8 seconds]

Don't flex or relax anything.....

Don't activate or rest any area.....

Just allow yourself to be....

[Pause for 8 seconds]

Allow for your body to adjust to anything it sees is needed....allow for your body to have complete freedom from thought....let your body be in control of itself now, to heal what needs to be healed....or activate what needs to activate....or rest what needs to rest....it will do exactly as it needs now....without any effort or even your suggestions.....

[Pause for 8 seconds]

This is the natural state of your body...when you allow the mind to step away from it.

[Pause for 8 seconds]

When your mind gets out of the way, our bodies can take charge in miraculous ways. Changing hormones.....the very chemistry of our bodies.....and even the structure of each of our cells.....

[Pause for 8 seconds]

This is what sleep and rest are for.

Sleeping fully allows for our mind to let go of the body so that it can regenerate.

[Pause for 8 seconds]

Allow for yourself to nap now, however long you feel you need to.

So, right now, allow your body to do what it does best.....to rest.....