


LET GO
OF THE
DAY

**MEDITATION
SCRIPT**




Find yourself a quiet place to relax and move into a comfortable position, either sitting on the floor with your legs crossed or lying down. Close your eyes and take some slow, deep breaths.

Inhale slowly through the nose and exhale slowly through the mouth. As you do this, release any tension that may be stored in your body and allow yourself to relax even deeper with each breath out.

Now, bring your focus to the present moment and take some time to observe the sensations in your body.

Bring your attention to the area at the top of your head. Focus on this spot and imagine a soothing white light penetrating into it in waves. Feel the warmth and peacefulness that comes with it as you breathe deeply.

Breathe in. Breathe out.




Feel a sense of peace slowly enveloping every inch of you, allowing yourself to relax even deeper with each breath out.

Now, move your attention to the area between your eyebrows and notice how it feels when you focus there. Feel the warmth of peace radiating from that spot and allow it to flow down your entire body with each inhalation.

Continue to breathe deeply and slowly, all the while allowing yourself to sink deeper into relaxation.

Feel your jaw relax as you release any tension in your face. Allow the muscles in your forehead and around your eyes to soften as you continue to take slow, deep breaths.

Continue to your temples, and feel the warmth and tranquility radiating from this area.



On the third breath, imagine a glowing pink light radiating from your mouth. Visualize this light spreading through your body and gently melting away any remaining stress or worries. Allow yourself to feel relaxed and open up to the present moment.


Now, move your attention to your neck and shoulders. Notice how they feel when you focus here and take a few more deep breaths.

As you do this, imagine two hands cupping your shoulders from behind, gently massaging away any tension that may be stored in this area.

Allow yourself to feel peaceful and relaxed as the warmth radiates through your body with each breath out.

Continue to move down further toward your abdomen.

With each breath here, imagine a wave of relaxation slowly opening up within you until you reach the tips of your toes.




As you do this, visualize any stress or worries you may have melting away. Allow yourself to release these feelings and replace them with peace and calm.

Next, direct your focus down to the area around your eyes. Notice any tension and visualize it being replaced with a soothing white light.

Allow yourself to sink deeper into relaxation as this light spreads throughout your body, giving it permission to let go of any stress and anxiety that may be stored in the cells of your body.

Once you feel completely relaxed, move your attention to the area around your mouth. Feel your jaw and lips relax as you continue to take slow, deep breaths.

Take three breaths here.



Finally, bring your focus back to the area of your forehead. Take some time to observe how you feel and connect with the present moment.

Take your time here in the calmness and peace, letting any thoughts drift away as you focus on each breath.

Take a few moments to appreciate and be grateful for this moment.

Then, when you are ready, slowly open your eyes and come back into the room.

Feel how light, calm, and relaxed you are now compared to when we started. You can take these feelings with you throughout your day as you go about your activities.

Take a final deep breath in, and then out.

Remember, you can practice this meditation anytime you need to take a break and reconnect with yourself.

Enjoy the peacefulness that comes from within.

Namaste.

