

## Breathing Meditation Script

Find yourself in a comfortable seated position. Use whatever seated relaxing position makes you feel comfortable, whatever makes you feel at ease and it is completely pain-free.

Take your time to get comfortable, use a meditation pillow if you have it, and when you are ready, open your chest, and long beautiful neck.

Let's start.

Sit up nice and tall, keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs...

Once you find your moment take some deep breath in through your nose and exhale out from your mouth...

Take a moment to appreciate and acknowledge your commitment to this moment...

If you want to take things to another level and you want to truly increase your presence in the present moment you should try a soundwave therapy...

This is your time to find your peace of mind, to really find your inner balance and see everything in perspective...

We are now going to focus on our breath....

Take a long deep breath in through your nose and exhale out from your mouth with a sigh...

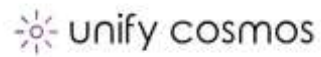
Try to feel even more grounded in your seated position and feel the earth recalling and supporting you...

Take at least 3 breaths at your own pace... nothing fancy... just breathe into your thoughts and whatever shows up observe it... accept it... let it all go.

If you feel anxious, worried and scared just take your time to be present again...

Don't worry about what happened earlier... don't worry about what is going to happen next...

It's just you and your mind... you are safe...



Try to feel even more grounded... more into this moment... more present than you have ever been...

Imagine seating on a bench... No one's around you... feel the sun on your skin, the warm sand on your feet....

Make your breaths a little bit deeper and heavier... listen to this calming sound...

A long deep breath in through your nose and long deep exhale out from your mouth.

Now focus on the relaxing calming sound of the waves of the ocean in front of you...

See the crystal-clear waters rippling and reflecting the ray of lights...

If your mind starts wandering and some negativity or worry shows up...breathe into it...

Deep breath in... into the waves... deep breath out...feel the sound of your worry and negativity to flush away... dissolving...

And again...

Deep breath in... into the waves...deep breath out...feel the sound of your worry and negativity to flush away... let it all go...

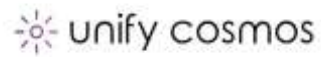
One last time... make the most of it...

Deep breath in... into the waves... let them recollect all your thoughts, your negativity and worries, and long deep breath out... feel them crashing and disappearing... let them go away...

Don't force your body to change how it feels but instead try to accept its signals...this is the way your body and mind speaks to you... instead of shutting it all down respect that... listen to it... cherish every single signal to learn something more about your body and how it reacts to things, emotions or illness...

Respect that and try to nourish it and take care of it with the power of your breath with your higher form of the love for yourself...

You can find other meditation scripts [here](#).



Now take in all the positive vibes of this scenario... the light, the calming waters, the warm and reassuring sand... the rhythm of the wave cradling you and leading you to your higher version of yourself... with a new and improved positive attitude to live the rest of your day with positivity, and peace.

Bring your hand into prayer position and notice how you feel... how your mind and spirit are now back on track...

Remember you can get back to this scenario every time you need... to elope... to feel connected again... to nourish your soul even more...

Take some other calming relaxing moment... a long breath in...feel the peace flowing again...all though your body... and exhale release...

Seal in your practice with a grateful bow.

Namaste!