

MEDITATION SCRIPT

To begin our Meditation, I would encourage you to join me in stretching out the stiffness that may have settled in your body today.

1 – If you are able, please stand.

- Place your right hand at your side & slowly lift your left arm over your head and count to 10.

- Now switch sides.

- Slowly roll your head, first toward your chest, then to your right shoulder, and then try to touch your back, then to the left shoulder. Try that a few times.

- Raise both arms straight in the air & try touching the ceiling.

- Please take your seat & get comfortable in your chair.

NOTE: If at any time during this Meditation you are unable to hear me, please raise your hand, so that I can adjust the sound of my voice.

Today's Meditation takes place at the Beach; you will hear the sound of the waves,

I will be guiding you to a private place where you can sit and consider the opportunity to release your stress,

I also will be asking you to commit to an opportunity that you can take with you.

Be mindful of your breathing throughout the Meditation, as it helps you stay focused.

Let us begin . . .

Let's Breathe . . .

INHALE THROUGH YOUR NOSE.

HOLD IT.

EXHALE THROUGH YOUR MOUTH.

AGAIN, Let's Breathe . . .

AND AGAIN, Let's Breathe . . .

PAUSE

You are by yourself walking down a sandy beach,
It is a sunny, warm day,
There is a gentle breeze,
You hear the sound of gulls crying overhead,
Off in the distance you can hear the laughter of children,
You can feel the warmth and texture of the sand as it creeps
between your toes.

As you continue walking, you spot an oversized wicker chair, with
plush cushions,

Since you are totally alone on this stretch of beach, you decide
to make use of this luxurious comfort,

As you settle into the chair, the cushions absorb your body like a
warm embrace,

As you rest your head back and close your eyes, you begin
thinking your life,

You are considering both the good things
&
Those which are challenging you right now,

You recall that when attending a workshop about stress you were
encouraged to keep track of the stress in your life by regularly
checking in with yourself.

You begin to wonder, when was the last time I checked in?

In your mind, you begin making a list of all the things which are
causing you stress,

These could be situations related to your husband, your children, your partner, unpaid bills, other relatives, losses, your boss, getting the taxes done, your health, your neighbor, your coworker, the wedding gift you have put off buying & need for this weekend or the leaves that need to be raked.

Keep working on the list,

Did you leave anything or anyone off?

Are you sure it is complete?

As you continue to sit in that comfortable beach side chair, I want you to place your hands side by side, palms fully open toward the sky,

I want you to take all of the items on the list and pile them on your hands,

Once you have them all, begin molding them into a ball, be sure to get all of those issues wrapped up inside,

Imagine that you are holding this ball of your stress in both of your hands,

How does it feel? Is it heavy? Is it light?

So that you can get a feel for this ball,

Gently toss it back and forth between your two palms,

There you go – easy does it,

Now it is time to let go of this stress,

On the count of three, I want you toss the ball as far as you can into the water,

READY? 1, 2, 3 – now toss that ball as far as you can,

You watch the ball hit the water & begin to sink, you smile & suddenly your body begins to feel lighter,

You can actually feel your body becoming more relaxed,

Breathe IN,

Breath OUT,

You take the calm in,

As you enjoy these moments, you recognize that your time on the beach is nearly over,

Now I would like you to think about what brings you joy.

Hold on to that thought, the very first thing that popped into your mind.

As you are ready, open your eyes and reacquaint yourself with the surroundings of this room,

I am passing out a notecard and envelope; please address the envelope to you.

On the notecard, write the thing that brings you joy, put the card in the envelope.

When you leave the room, please drop it in the basket at the back of the room.

Thank you for your time and attention today,
my hope is that you have learned some ways to take good care of yourself.