Becoming Relaxed
Feeling calm, relaxed, and centered is a foundation for any guided meditation. In fact, relaxation is healing in and of itself. Physically relaxing the body first, before using guided imagery, increases people’s ability to concentrate and allows their minds, hearts, and spirits to be more open to the meditation. A feeling of harmony often results.

For many people relaxation is a new experience. It is important that people practice the physical form of relaxation and spend ample time with it until feeling relaxed becomes natural and easy.

The exercises in this section focus on physical relaxation. Use them on their own or combine them with an imagery exercise from one of the other sections.

- **Progressively Relaxing while Sitting in a Chair**
  Designed for people sitting in chairs, this progressive relaxation exercise focuses on tensing and relaxing the different muscle groups. (20 minutes)

- **Breathing for Relaxation and Health**
  Effective relaxation requires proper breathing. In this script, participants concentrate on their breathing by focusing on what their bodies are doing as they take in deep breaths, hold them, and slowly exhale. (10 minutes)

- **1 to 10**
  In this brief script, participants lie on their backs and tense their muscles as they count from 1 to 10, then release the tension as they count back down to 1. (5 minutes)

- **The Magic Ball**
  In this visualization script, participants imagine they each possess a magic ball that travels over, under, and through their bodies, relaxing their muscles as it goes. (20 minutes)

- **Total Relaxation**
  An eclectic introduction to some of the most popular relaxation techniques, Total Relaxation includes breathing, progressive relaxation, visualization, and body scanning. Use a part or all of this script as a short relaxation exercise prior to a guided meditation in one of the other sections of the book. (10 minutes)
Nature and the Environment
Being connected to the natural world—the ocean, forest, sky, and mountains—is for most people both relaxing and healthy. The guided meditations in this section help people find their connection with the natural world and thereby learn about forgiveness and love.

Note: Before beginning any script, describe to the participants what images you will use. If they make anyone feel uncomfortable, select an alternate script.

- **The Sea**
  In this script, participants relax by taking an imaginary journey along a beach, listening to the birds and waves and watching a brilliant sunset. (5 minutes)

- **Simply Sailing**
  In this script, participants imagine setting sail from a quiet dock, experiencing the sea with all its beauty and challenges, and reaching an island paradise. They are invited to release unnecessary personal baggage and return to the dock with a newfound energy. (25 minutes)

- **A Day in the Life of Another Creature**
  In this relaxation and visualization script, participants let go of tension and then explore the wildlife found around a pond, first through the perspective of an animal or insect, and then from the human perspective. (20 minutes)

- **The Beach**
  In this script, participants imagine they are on vacation, strolling along a quiet ocean beach, free of the usual daily pressures and hassles. (5 minutes)

- **Flying with the Eagle**
  In this script for kids (and for the young-at-heart), participants leave their homes through a secret door, travel to the forest of a magnificent Mother Eagle, and go for a ride on her back. (15 minutes)

- **Oak Creek**
  In this script, participants experience and feel a personal connection with the energy and the healing power of the earth and sky. (10 minutes)

- **The Night Sky**
  In this script, participants imagine looking at the stars of a clear night sky and feeling their minds expand into the infinite expanse of space. (8 minutes)

- **Ocean Waves**
  In this script, participants dissolve their worries and troubles by imagining they are listening to the rhythm of the ocean waves. (12 minutes)

**Inner Answers**
Taking the time to regularly explore and reflect upon the inner world of intuition, feelings, and thoughts can be uplifting and is a sure path to personal, emotional, mental, and spiritual growth.

The guided meditations in this section help people get in touch with their intuitive inner selves so that they may find answers to life's questions from within.
• **Your Inner Advisor**
  In this meditation, participants have a conversation with their inner advisor to develop their intuition—making decisions based on gut feelings rather than on reactions to social influence. (18 minutes)

• **Fortune Cookies**
  In this script, participants tap into their intuitive selves by imagining that they are reading messages contained in fortune cookies. (12 minutes)

• **Your Inner Child**
  In this script, participants get to know, communicate with, and learn from their inner child. (5 minutes)

• **Time Travel: So What Do You Want to Do for A Living?**
  In this script, participants imagine the future to discover potential career paths and living conditions. (20 minutes)

### Healing
Integrating the mind, body, emotions, and spirit opens up vast inner resources of intuition, wisdom, and personal power.

So many of us live as if fragmented—thinking of one thing, saying something else, acting one way publicly, while feelings, moods, and emotions provide a constantly changing and inconsistent undertow.

The guided meditations in this section focus on using the mind to heal the body and emotions and to bring thoughts, words, actions, and feelings into harmony and alignment.

• **Love, Joy, and Optimism**
  In this guided meditation, participants journey down a private path; encounter their own personal guide and shadow; feel love, joy, hope, and optimism; and learn to accept themselves no matter what is going on in their lives. (30 minutes)

• **Healing Yourself and the Universe**
  In this script, participants relax and feel protected as past hurts and negativity are released and forgiven through the experience of being surrounded by a healing, loving light. (20 minutes)

• **Sun Meditation for Healing**
  In this script, participants experience the healing power and energy of the sun as they imagine it warming and relaxing them. (5 minutes)

• **Vitamin T Imagery**
  In this script, participants absorb Vitamin T, the nurturing nutrient found in healthy touch, by imagining they are receiving a massage. (18 minutes)

• **Food for Thought: Imagery for Weight Control**
  In this script, participants learn to think differently about food, about dieting, and about themselves by stimulating their ability to make informed choices. This script is designed to take the struggle out of weight loss and weight maintenance while increasing the joy that should accompany positive changes. (15 minutes)
• **Breastfeeding**  
  In this guided meditation, mothers visualize the miraculous nursing process while nursing their babies. (10 minutes)

**Personal Growth**  
Using imagery to encourage self-esteem, offer positive affirmations, focus on personal growth and development, and increase peopleís ability to imagine sights, sounds, and other physical sensations are the main goals of these guided meditations.

• **Addiction to Wellness**  
  In this script, participants seek physical, mental, psychological, and spiritual wellness. Positive self-esteem is nurtured. (10 minutes)

• **Body Image Visualization**  
  In this visualization script, participants picture their own body images and practice positive affirmations to promote self-esteem and inner beauty. (25 minutes)

• **OM Visitation**  
  In this script, participants meditate on the word ìOMî to help them connect with people they love, but who are far away. (5 minutes)

• **The Blue Period**  
  In this empowerment script, participants observe their lives to discover trends and patterns that are occurring. This script parallels the way an art historian might look at a painterís life. For example, Picasso had his Blue Period, Pink Period, Cubist Period, and a dozen other periods throughout his life. Your life passes through phases as well. (20 minutes)

• **You Are a Child Again**  
  In this script, participants imagine they are children again. Children who have fun playing and moving, are confident and self-assured, and unconditionally loved. (5 minutes)

• **Flower Meditation**  
  In this visualization script, participants increase their ability to imagine seeing, touching, smelling, and feeling. (20 minutes)

• **A Meditation of a World Vision**  
  In this guided meditation, participants experience their connection to the life-force of the universe by lying on the ground and imagining the earthís energy coming through them. (15 minutes)