

~ 60 minutes

Welcome, everyone.

In this guided meditation, we will embark on a journey to find stillness amidst the chaos of life. We will explore how to cultivate inner peace, even when external circumstances feel overwhelming.

(pause)

To begin, please find a comfortable position. You can sit or lie down, whichever feels best for you.

(pause)

If you're sitting, let your back be straight and your feet grounded on the floor. If you're lying down, ensure your body is supported by the ground or mat beneath you.

(pause)

Close your eyes gently, allowing your body to settle into this space.

(pause)

Now, take a deep breath in through your nose, filling your lungs completely.

(pause)

And exhale slowly through your mouth, releasing any tension you might be holding onto.

(pause)

Let's take another deep breath in, filling the belly and chest.

(pause)

Hold for a moment.

(pause)

And exhale, feeling any stress or worries drift away.

(pause)

Allow yourself to settle into the rhythm of your breath.

(pause)

Inhale deeply, and exhale fully.

(pause)

With each breath, feel yourself becoming more and more relaxed.

(pause)

Now, bring your awareness to your body.

(pause)

Notice any areas of tension.

(pause)

As you exhale, imagine breathing into those areas, allowing them to soften and release.

(pause)

Begin with the crown of your head.

(pause)

Feel any tightness dissolve as you breathe out.

(pause)

Move your attention down to your forehead, your eyes, your jaw.

(pause)

Let your facial muscles relax.

(pause)

Now, continue this journey down your neck and shoulders, feeling the weight of the world melt away.

(pause)

Let your arms hang heavy by your sides, releasing any strain.

(pause)

Next, let your awareness flow down your spine, easing any tension along the way.

(pause)

Feel the warmth spreading through your chest and abdomen.

(pause)

Let your hips, legs, and feet relax completely.

(pause)

Now, imagine a gentle wave of relaxation flowing through your entire body.

(pause)

As you breathe in, visualize this wave sweeping through you, washing away stress and anxiety.

(pause)

With each exhale, feel yourself becoming more centered and grounded.

(pause)

Now, I invite you to visualize a storm.

(pause)

Picture dark clouds swirling, wind howling, and rain pouring down.

(pause)

This storm represents the chaos and challenges of life.

(pause)

But now, imagine yourself as a steadfast mountain in the midst of this storm.

(pause)

Though the storm rages around you, you remain grounded and unshaken.

(pause)

Feel the strength of the mountain within you.

(pause)

Know that while the storm may roar, you have the power to find your inner stillness.

(pause)

With every breath, visualize the storm beginning to calm.

(pause)

The winds soften, the rain lightens, and the clouds begin to disperse.

(pause)

As you connect with your breath, feel the stillness growing within you.

(pause)

It is a sanctuary that no external chaos can touch.

(pause)

Now, let's focus on the mantra: "I am still. I am safe. I am at peace."

(pause)

Repeat this mantra silently in your mind.

(pause)

As you do, feel its resonance echoing through your being.

(pause)

"I am still. I am safe. I am at peace."

(pause)

Continue to breathe deeply, allowing the words to fill your heart with tranquility.

(pause)

If your mind wanders, gently guide it back to the mantra.

(pause)

Feel the sensation of the ground beneath you, supporting you.

(pause)

Know that you are safe in this moment.

(pause)

Now, let's deepen this connection to stillness.

(pause)

Bring your attention to your heart center.

(pause)

Feel the gentle rhythm of your heartbeat, steady and calm.

(pause)

Visualize a soft, warm light glowing in your heart.

(pause)

With each breath, see this light expanding, filling your entire body.

(pause)

As the light grows, it creates a barrier around you, protecting you from any external chaos.

(pause)

Feel this light soothing you, grounding you, and bringing you peace.

(pause)

Now, let's take a few moments to simply be.

(pause)

Breathe naturally, feeling the rise and fall of your chest.

(pause)

Let any thoughts or distractions drift by like clouds in the sky.

(pause)

Stay present with your breath and the warm light in your heart.

(pause)

(pause)

(10 minutes of silence)

(pause)

Now, gently bring your awareness back to the mantra: "I am still. I am safe. I am at peace."

(pause)

Repeat it silently a few more times.

(pause)

"I am still. I am safe. I am at peace."

(pause)

Begin to bring your awareness back to your physical body.

(pause)

Wiggle your fingers and toes, feeling the ground beneath you.

(pause)

When you feel ready, take a deep breath in and slowly open your eyes.

(pause)

Take a moment to notice how you feel now compared to when you began this meditation.

(pause)

The world may still feel like a storm, but within you, there is a haven of stillness and peace.

(pause)

As you transition back into your day, carry this sense of calm with you.

(pause)

Remember, you can return to this place of stillness whenever you need to, simply by focusing on your breath and the light within your heart.

(pause)

Thank you for sharing this moment of peace with me.

Namaste, and may you continue to find tranquility in all that you do.

