

Meditation script:

I want you to close your eyes and we will begin with practicing our breathing. On my count of four you will inhale through the nose and exhale for another count of four through the mouth. Ready? Inhale 1...2...3...4... and exhale 1...2...3...4. Again, big inhale 1...2...3...4... and exhale 1...2...3...4.

We are going to start at the top of our heads and work our way down to our toes. I want you to consciously relax the muscles I am saying. Your forehead, cheeks, and jaw are relaxed. Your neck is relaxed. Your shoulders, we carry a lot of stress and tension in our shoulders, relax your shoulders. Your chest, feel the air move in and out of the lungs, and relax the chest. Your stomach is relaxed. Your upper and lower back are relaxed. Your hips are open and your glutes are relaxed. Your arms feel heavy and like they are sinking into the floor. Your legs feel heavy and like they are sinking into the floor. Your hands and your fingers are relaxed. Your feet and your toes are relaxed.

Inhale 1...2...3...4 and exhale 1...2...3...4.

I want you to picture a place that makes you feel happy and healthy. It can be a real place or it can be made up, but I want you to picture the details of this place. Let the colors swirl into focus. What do you see? What do you hear? What do you smell? What do you feel? Is it warm or is it cooler? This is your place of calm, your place of peace. You are totally relaxed in this place.

Inhale 1...2...3...4 and exhale 1...2...3...4.

Now while you are relaxed in this calm, safe, and peaceful environment, I want you to picture the people who you love the most. People who add value to your life. People who are positive forces in your life. See them around you now in this calm and safe place. Now I want you to picture yourself reaching out and hugging these people one by one and as you do you go deeper and deeper into relaxation and calm.

Inhale 1...2...3...4 and exhale 1...2...3...4.

As you are in total relaxation, surrounded by loved one I am going to say some affirmations. I want you to say those affirmations to yourself in your head:

- I am worthy of love, peace, and joy.
- I carry strength and resilience within me.
- I give up freely what is no longer serving me in a positive way. I release it to create space for what is good for me and inspires me.
- I will spend this day in kindness and positivity. I will spread kindness and positivity to all who I interact with.

Inhale 1...2...3...4 and exhale 1...2...3...4.

I am going to start bringing you back to the room but just know that you can always return to the place with these people whenever you need to escape stressors or negativity for some time.

I want you to feel the floor underneath your body. You feel your toes and feet, your fingers and hands. You feel the muscles in your legs and through your arms. Your hips and glutes. You feel your lower and upper back. Around the sides and to your stomach. You feel the air moving in and out of the lungs in your chest. Your shoulders and neck. You feel your face and your head.

When you are ready you can open your eyes and after that you can sit up nice and slowly. Go slow and take your time.