



## GUIDED MEDITATION SCRIPT TO CALM & CENTER YOURSELF

### 3) Your 7 Minute Meditation - [Calming the Raging River](#) (7mins - click to access mp3 file)

**IMPORTANT:** *[Words in italics and square brackets]* are instructions for you, and not for reading aloud.

I invite you to take a deep breath, and when you're comfortable, perhaps **begin** to close your eyes.

**Maybe** you can just enjoy being still for a few moments, doing nothing but breathing deeply - breathing deeply **however** this feels comfortable for you. *[DEEP BREATH]*

Take a few more breaths *now* and just get into a gentle, slow rhythm. *[PAUSE and Take 2 BREATHS]*

So in meditation, water is often a symbol for our emotions and can be a very powerful way to release negativity and stress.

*"Meditate, Visualize and Create your own reality and the universe will simply reflect back to you." Amit Ray*

- And now that you're breathing more deeply you may already have begun to notice that you're more relaxed.
- Perhaps you can **imagine now** any remaining thoughts, tasks, 'to dos' or nagging emotions, as a river swirling and raging around you.
- And as you build up the picture of your thoughts and negative emotions swirling around you like a raging river, you may also **notice** the sound of the water, feel the damp air and become aware of the powerful surging currents around you.
- And as you take a moment to experience that more fully, isn't it nice to know you can throw everything and anything else that may be bothering you right **now** into the water so that it becomes part of that raging river around you.
- Just notice how the raging river swallows everything you throw into it until it completely disappears. *[PAUSE and Take 2 DEEP BREATHS]*
- Wonderful. So as you take another deep breath now, you may notice the river around you is beginning to calm. Becoming slower, quieter and more peaceful. Steadily calmer and calmer until it's a beautiful, quiet, gently flowing stream **now**. *[DEEP BREATH]*
- And once it's a quiet, gently flowing stream perhaps you can imagine it getting **even** calmer, **more** peaceful and trickling into a beautiful, quiet, **still** pond.

Why not **enjoy** your beautiful, quiet, still pond for a moment. And for a few more breaths, just take in the absolute stillness, serenity, peace and **complete calm**. *[PAUSE and Take 2 BREATHS]*

*[DEEP BREATH]* So, in the **days and weeks ahead**, you can use this technique **at any time** to still your mind, **knowing** that in a few simple moments you can **feel completely calm** again.

So I invite you **now** to take a breath for a moment, and begin to **move your attention** back to the room, listening to the **sounds around you** and **begin** to open your eyes. Namaste.