

Guided Relaxation Meditation Exercise Transcript

Welcome to your guided relaxation meditation exercise.

Lets start by finding a comfortable position, either sitting or lying down. Take a moment to settle in, making any adjustments to help with your comfort.

Now, let's begin.

Take a deep breath, and notice the air as it passes in through your nostrils, and down into your lungs. Exhale, feeling the air leaving your lungs and passing out through your nostrils. Take a few moments and continue to breathe in this way, paying attention to each inhalation and exhalation.

Now ask yourself what is going on inside your body at this moment. Do an overall scan of your body and notice how you feel.

Now focus your attention on your right foot. Notice how your toes are feeling. Notice the top of your foot. Focus your attention on your ankle. Take a breath, mentally sending the oxygen to your right foot. Exhale, letting go of any tension.

Now focus your attention on your left foot. Notice how your toes are feeling. Notice the top of your foot. Focus your attention on your ankle. Take a breath, mentally sending the oxygen to your left foot. Exhale, letting go of any tension.

Now focus your attention on your right calf. Take a breath, mentally sending the oxygen to your calf. Exhale, letting go of any tension. Now focus your attention on your left calf. Take a breath, mentally sending the oxygen to your calf. Exhale, letting go of any tension.

Now focus your attention on your right knee, letting go of any tension. Relaxing, deeper and deeper. Now focus on your left knee, letting go of any tension. Relaxing, deeper and deeper.

Now focus your attention on your right thigh. Sense the vibrations of the bones within the thigh. Take a breath, mentally sending the oxygen to your thigh. Exhale, letting go of any tension. Now focus your attention on your left thigh. Sense the vibrations of the bones within the thigh. Take a breath, mentally sending the oxygen to your thigh. Exhale, letting go of any tension.

Now focus your attention on your abdominal area, relaxing all organs and glands. Relaxing all tissues, including the cells themselves, causing them to function in a rhythmic, healthy manner.

Focus on your chest area, relaxing all organs and glands. Relaxing all tissues, including the cells themselves, causing them to function in a rhythmic healthy manner.

Now focus your attention on your back. Feel the skin, and the vibration of the skin covering this part of the body. Take a breath, mentally sending the oxygen to your back. Exhale, letting go of all tension. Relaxing, deeper, and deeper.

Now focus your attention on your shoulders. Take a breath, mentally sending the oxygen to your shoulders. Exhale, letting go of any tension. Relaxing, deeper, deeper and deeper.

Now focus your attention your attention on your right arm, all the way down to your fingertips. Sense the vibrations of the bones within your arm and hand. Take a breath, mentally sending the oxygen to your right arm and hand. Exhale, letting go of any tension.

Now focus your attention your attention on your left arm, all the way down to your fingertips. Sense the vibrations of the bones within your arm and hand. Take a breath, mentally sending the oxygen to your right arm and hand. Exhale, letting go of any tension.

Now focus your attention on your throat area, relaxing all tissues and glands, including the cells themselves, causing them to function in a rhythmic, healthy manner.

Focus your attention on the back of your neck. Notice your neck muscles, and the vibration of your skin covering this part of the body. Take a breath, mentally sending the oxygen to your neck. Exhale, mentally letting go of any tension. Relaxing, deeper and deeper and deeper.

Now, focus your attention on your jaw and mouth. Letting go of any tension.

Now focus your attention on your eyelids, and the tissue surrounding your eyes. Take a breath, mentally sending the oxygen to your eyes. Exhale, letting go of any tension.

Now, focus your attention on the top of your head. Release, and completely relax all tensions on this part of your head, and place it in a deep state of relaxation.

Now, focus your attention inwards, feeling the energy field within your body as a whole. Notice the energy vibrating in your body as a whole. Take a deep breath and notice the energy increasing. Feel the subtle energy field within you that gives vibrant life to every organ and every cell, causing them to function in a rhythmic, healthy manner.

Continue in this deep state of relaxation for as long as you like. To keep your mind clear, continue to focus on your breathing, noticing the air as it passes in through your nostrils and down into your lungs, exhaling and feeling the air leaving your lungs and passing out through your nostrils.