

Guided Relaxation

Visualisation Meditation

Close your eyes and take a deep breath. Take a moment to settle into your body. As you rest in this peaceful state, let your mind drift as you listen to my words. Take a moment to think of three clear intentions that you want for your future life.

Take another beautiful inhale through the nose and a slow exhale out of the mouth, be clear on these three intentions as we move throughout this meditation and your mind starts to drift off.

Focus on the air and the flow of your breath, let the flow of your breath rise and fall, noticing any tension in your body and allowing that to melt away. As we start to go deeper into this meditation, focus on your breathing. We are going to take a moment to visualise a beautiful bright light in between your eyebrows.

Your mind's eye. Allow this beautiful, bright, warm light to expand out, allowing it to grow bigger. Visualise it filling up the room, this beautiful, warm, bright light streaming out of your third eye. Take a moment now to think of those three intentions.

Allow them to come in and immerse and lay down into your subconscious mind. Just explore this feeling, explore these intentions as they start to become clearer for you.

Notice what you're experiencing. Allow these intentions to come through this beautiful bright light. Let them embed into your subconscious mind. To help you manifest these goals into the future your mind has to arrive there first.

Allow them to settle deep into your subconscious mind. So you are clear in the direction of where you are going. Take a moment now to visualise the feeling of these goals being manifested in your life.

Allow yourself to sit in the space, this immense gratitude, these incredible goals are unfolding. Exploring this future, what sensations are coming up? Is your skin tingling as you feel this warm, bright light? When you've basked in the glory of achieving these goals, allow the beautiful, bright light to gently start to come towards the body.

And as this warm bright light is coming back into your third eye, remind yourself that you are empowered to achieve anything in this life. The beautiful bright light is getting smaller and smaller and now closing over.

Just be reassured that these intentions are within you. Take a moment now to take a deep breathe and slowly exhale out of your mouth. Feel your feet on the floor, wiggle your toes. With a gentle smile, whenever you are ready open up your eyes.

Written Guided Meditation Scripts

Jicheng Xie



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Table of Contents Written Guided Meditation Scripts

1. Understanding the eBook Written Guided Meditation Scripts
 - The Rise of Digital Reading Written Guided Meditation Scripts
 - Advantages of eBooks Over Traditional Books
2. Identifying Written Guided Meditation Scripts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Written Guided Meditation Scripts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Written Guided Meditation Scripts
 - Personalized Recommendations
 - Written Guided Meditation Scripts User Reviews and Ratings
 - Written Guided Meditation Scripts and Bestseller Lists
5. Accessing Written Guided Meditation Scripts Free and Paid eBooks
 - Written Guided Meditation Scripts Public Domain eBooks
 - Written Guided Meditation Scripts eBook Subscription Services

- Written Guided Meditation Scripts Budget-Friendly Options
- 6. Navigating Written Guided Meditation Scripts eBook Formats
 - ePub, PDF, MOBI, and More
 - Written Guided Meditation Scripts Compatibility with Devices
 - Written Guided Meditation Scripts Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Written Guided Meditation Scripts
 - Highlighting and Note-Taking Written Guided Meditation Scripts
 - Interactive Elements Written Guided Meditation Scripts
- 8. Staying Engaged with Written Guided Meditation Scripts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Written Guided Meditation Scripts
- 9. Balancing eBooks and Physical Books Written Guided Meditation Scripts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Written Guided Meditation Scripts
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Written Guided Meditation Scripts
 - Setting Reading Goals Written Guided Meditation Scripts
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Written Guided Meditation Scripts
 - Fact-Checking eBook Content of Written Guided Meditation Scripts
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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