

Guided Meditation Scripts

Three short meditation practices for everyday use

Meditation doesn't require stillness of mind — it requires a willingness to observe the mind. These three scripts can be read, recorded for yourself, or read aloud by someone you trust.

MEDITATION 1 — THE SAFE SPACE

Close your eyes. Take three slow, deep breaths — letting the exhale be a little longer than the inhale.

Bring to mind a place where you feel completely at ease. Real or imagined. A beach, a forest, a childhood room, a place you've dreamed of. Any place that holds absolute safety.

Look around with curiosity. What do you see? Notice the light, the colours, the textures. Let your eyes travel slowly over the details.

What sounds are here? Near sounds and distant sounds. Let them settle around you.

What does the air feel like on your skin? What is the temperature? Is there a scent?

This is your place. You can come here any time. It exists within you and is always available.

When you're ready to return, take a deep breath and slowly open your eyes. Carry something of this place with you.

MEDITATION 2 — THE COMPASSIONATE OBSERVER

Sit comfortably. Close your eyes. Take three breaths, each one softer than the last.

Imagine a slightly older, wiser version of yourself sitting across from you. This version has been through everything you've been through and has found their way through. They are looking at you with complete tenderness.

What do you see in their eyes? Not pity — recognition. They know exactly what you're carrying. They are not afraid of it.

Let them speak to you. What do they most want you to know right now? Don't think of words — just receive them.

Is there anything you want to say back?

Sit together in quiet for a few moments.

When ready, take a deep breath and bring your attention back to the room. Carry the quality of that gaze with you.

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— MEDITATION 3 — BODY GRATITUDE

Lie down if possible. Close your eyes. Take three slow breaths.

Bring your attention to your feet. These feet have carried you everywhere you've ever been. Take a breath of gratitude into your feet.

Move upward slowly — calves, knees, thighs. Your legs have taken you toward people and things you love.

Your belly — the centre of your intuition. Breathe into it. Soften any holding.

Your chest and heart — kept beating through everything. Every moment of joy, every moment of grief. It kept going. Breathe love into your heart.

Your arms, your hands — every embrace, every act of care, every piece of work you've ever created.

Your throat — every time you found your voice.

Your face, your eyes, your mind — the instrument through which you experience the extraordinary fact of being alive.

One full breath into your whole body. You are here. You are alive. That is enough.