Relaxation Meditation Script

By Brad Austen

Let’s begin by becoming aware of your breathing. Take a deep breath in through the nose; allow your stomach to expand as you breathe in. Hold the breath for a few seconds and then breathe out your mouth slowly, allowing your body to completely relax on the out breath.

I want you to consciously slow your breathing down with each breath you take. Breathe in through your nose; hold it for a few seconds, and then exhale out your mouth. With each breath you take your body is becoming relaxed and your mind is becoming more clear and focused. Breathing in through your nose, holding it for a few seconds, and then exhaling out your mouth.

Bring your awareness to your feet. Take a deep breath in and exhale. Any tension in your soles is being released on the out breath.

Breathe in the light and bring your awareness to your lower legs. You see white light travelling into your legs and releasing all tension and stiffness. Any tension in your calves is being released now.

Your breathing is becoming slow and rhythmical.
Breathe in the light and visualize the light travelling into your upper legs, releasing all tension and stress on the out breath. Any tension in your thighs is being released now.

Bring your awareness to your hips, breathing in and as you exhale allow your hips to relax.

Take a deep breath in, and as you do, see the light coming in and travelling down your spine. Your spine is filling with light, releasing any tension in the discs and joints.

Bring your awareness to do your stomach. Breathe in and allow your stomach to expand with light. Breathe out, releasing any tension in your stomach area.

Breathe in the light; and as you do you see the light travelling around your chest and heart area. As the light swirls around your heart area, your heart charka begins to open. You see the petals like a flower, begin to swirl and open radiating green light.

Bring your awareness to your throat and neck area. As you breathe in, you allow any tension in your neck to be released on the out breath.

Breathe in the light, bringing your awareness to your face. Allow any tension in your forehead, your eyes, and jaw to relax as you breathe out. Your face is now completely relaxed.

Visualize a stream of green healing light travelling into your crown charka at the top of your head. This energy travels down, throughout your entire body, and fills your body with this green healing light.
Allow this green light to go to any parts of your body that need healing. It could be a past injury or simply a weakness in your body that you are aware of. Simply allow this green light to completely surround this part of your body now. Your entire body is now full of this green healing light.

And now it expands into your aura. See this green light releasing any energy in your aura that needs to be released, that are not supporting you. See your physical body, your charkas and your aura glowing with this green healing energy. See your aura like an egg; very strong and free from holes and imbalances.

Your body is feeling very relaxed now. Your mind is clear and focused. Your emotions are feeling calm and content. Rest here a few moments...

It is now time to leave this meditation. When you feel ready, gently bring your awareness back to your body, and to the room you are in. Give your fingers and toes a wiggle and gently open your eyes - coming back to waking consciousness.