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Meditation, The Magic Book,
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Visualization, Waterfall

Relax Surrender Meditation |

A Spoken guided

visualization (Letting go of

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the Book of Life | Past Life
Discover your Past Life
Guided Meditation: A spoken
visualization Guided sleep
meditation | Deep sleep Talk

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*Readings for bedtime (4
combined meditations)*

Sleep Talk Down, Release
FEAR, WORRIES \u0026amp; STRESS
Guided Sleep Meditation
(Tropical Island) *Sleep
Meditation for Kids |
CHRISTMAS TIME TRAVEL |*

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*Bedtime Sleep Story for
Children Out Of Body Spoken
Visualization Meditation
Experience Guided Meditation
for Lucid Dreaming (The
Forest of Dreams) HEAL Your
Body Mind, Whilst You Sleep
- POWER of Focused Desire*

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Floating Amongst the Stars

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Scripts | Mindfulness
Exercises

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lets the patient know that
she is not alone. Each
imagery story guides a woman
or a man with breast cancer
to sort out his/her
feelings, question fears and
negative thoughts, calm

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Readings
anxiety, and restore some
normalcy to daily life.
Imagery means creating
pictures in the mind.

Guided Imagery Stories |

Janis L. Silverman

Guided Imagery Scripts The

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free guided imagery scripts provided here allow you to relax and make positive changes. Guided Imagery can be used to visualize positive actions, changes, or accomplishments. Return to Top of Page Relaxation

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Relaxation specifically
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in the moment by calming the
mind and body.

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Guided Meditation. 5. LOVE.
Open Yourself up to
Receiving Love and

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Readings: Guided
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Meditation. Open Your Heart
to Unconditional Love:
Guided Meditation.

Relax and Unwind: 70 Free

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This simple guided meditation for deeper breathing is a great place to begin when guiding groups. In addition to mindful breath awareness, it

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Readings also includes positive affirmations to redirect the mind. Furthermore, this script includes time stamps to let you know how long to hold pauses for.

Guided Meditation Scripts

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for Groups | Mindfulness Exercises

Guided meditation scripts are helpful tools to use for relaxation purposes. A script can vary in length from a word or phrase to many paragraphs. The words

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will help you remain focused during meditation, so you can aim to stay in the present moment to bring about greater awareness and full consciousness.

Guided Meditation Scripts |

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LoveToKnow

Guided Imagery Forest Script
Close your eyes and imagine that you are standing at the edge of a field. You see a tree line where a forest begins only a few yards away. Just on the other side

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Readings
of the tree line, you see a trail, so you walk out of the field towards the path and enter into the woods.

Guided Imagery Forest Path
Script for Relaxation ...

Because it's heart work.

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It's hard work. It takes practice, and it's worth it. Whether you're in need of a better night's sleep, a chance to practice gratitude, or simply a reminder to take a deep breath, here are our most

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popular guided meditations from 2018. The Top 10 Guided Meditations of 2018: 1. A Basic Breathing Meditation.

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Simply read the words to the guided meditation script in a loving, soothing voice with a gentle pace, pausing often. Watch how your child visibly relaxes and engages the imagination in this relaxing story. The more

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Readings often you read these scripts, the more easily your child will relax and concentrate. Get access to our free guided meditation scripts

Guided Meditation for Kids -

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Free Relaxation Scripts for Kids

Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find

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relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.

Meditation: Take a stress-

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Readings break wherever you
are . . .

In this in-depth compendium
of guided imagery
meditations and research,
Glenda offers a nurturing,
intelligent voice—both wise
woman and joyful child—that

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Offers the reader a variety of ways to reunite the lost parts of themselves. Glenda generously shares a plethora of scripts that address healing on many levels.

A Guide for Writing and

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Recordings Guided Imagery ...

Guided Imagery is a convenient and simple relaxation technique that can help you quickly and easily manage stress and reduce tension in your body. It's virtually as easy as

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Readings
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Guided Imagery for
Relaxation and Stress

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Readings

A Guide for Writing and
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Glenda Cedarleaf | Jan 22,

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symptoms of anxiety include

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shallow, rapid breathing,
worried thoughts, and
shaking. With this anxiety
relaxation script you will
target each of these areas
to reduce anxiety and induce
the relaxation response.

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Readings focus on breathing.

Free Relaxation Script:

Relieve Anxiety Quickly

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relaxation, stress relief,
chakra clearing and
emotional cleansing. Walk

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hand-in-hand with the
Healing Chakra Angels as you
are guided through a
lighthouse and bathed in the
colors of each energy center
of the body.

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