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Guided meditation does it work.

This meditation script book features a collection of my most powerful meditation scripts for transformation, healing and deep relaxation. They include energy healing, breathwork, body scans, morning meditations and much more. Royalty-Free Meditations All of these scripts are royalty-free, so are free to use them in your online and in-person classes, record them to sell, or publish your own recorded versions on YouTube. 11 Meditation Scripts ♦ Miracle Morning Meditation: Five Minutes to a More Productive, Joyful Day ♦ Loving Kindness Meditation ♦ Zen Meditation Inspired By Thich Nhat Hanh ♦ Finding Calm in Chaos ♦ Beaming Light: Chakra Cleansing and Clearing ♦ Grounding Meditation: Connecting With the Earth ♦ Full Body Scan: Amplify Your Awareness ♦ One Minuted to Calm ♦ Breathwork and Chill ♦ The Healing Waterfall: Refresh and Renew ♦ Evening Gratitude Meditation ♦ Happy Meditating ♦ We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process. Feeling overwhelmed? Stressed? Can't remember a time you didn't feel like that? Luckily, there's an ancient practice that might help you deal with the not-so good stuff life can throw at you: meditation. Whether you're looking for a guided meditation you can do right now or you're ready to build a daily habit, you can find the right meditation online. Share on Pinterest! If you're ready to dip your toes into meditation, you've come to the right place! Check out the best online meditation classes. They're free, fab, and full of Zen. Best for waking up: Guided morning meditation This 10-minute guided morning meditation is perfect for setting the tone for your day by starting your morning with some serenity. Just follow Juliana's voice and find your calm. Best for during work: 5-minute meditation If you're feeling overwhelmed at work and need a moment to re-center, this quick 5-minute meditation will help you unwind and strengthen your focus. Best for walking: Walking joy meditation Who says you need to be sitting in Lotus Pose to meditate? Bring mindfulness into your daily stroll and stay present with this walking meditation. Best for anxiety and stress: 10-minute mindfulness meditation Caught up in an anxiety spiral? This 10-minute meditation will help you exhale the stress away and come back to the present moment through breathing and awareness exercises. Best for deep relaxation: Blissful deep relaxation The sound of waves crashing? Check. Calming voice? Check. This meditation, which has a casual 18M views, will help you ease into a peaceful state. Best for newbies: Mindful breathing meditation Still trying to figure out how to meditate? We found one of the best online meditations for newbies. Start your meditation journey by learning a simple mindful breathing technique. Best for sleep: Guided sleep meditation Feeling tired but can't fall asleep? Say hello to your new best friend. Through mantras and other mindful exercises, this 3-hour guided meditation is sure to lull you into sleep. If you want to step up your meditation game, the right app can help you build a daily habit and enrich your practice. We've selected five great online services for anyone wanting to take meditation to the next level. Best for beginners: Headspace Price: Basic: Free, Plus: \$12.99/month or \$69.99/year Services: Guided meditations Headspace is great for newbies and pros alike, but its beginner courses make it a must-have. You can start with "Basics" and move on to "Basics 2" and "Basics 3" as you progress. You can choose the length of your guided meditation and the type of voice you'd prefer to listen to. Start meditating with Headspace. Best for sleep: Calm Price: Basic: Free, Premium: \$14.99/month or \$69.99/year, Lifetime access: \$399.99 Services: Guided meditations, stories, masterclasses, music tracks Calm is one of the most complete meditation apps, featuring not only guided meditations but also breathing exercises, nature sounds, and even a Bedtime Stories section with some celebrity-read stories to help you doze off. Who wouldn't like to fall asleep listening to Matthew McConaughey's voice? Exactly. Start meditating with Calm. Best on the go: Buddhify Price: iPhone: \$4.99, Android: \$2.99 Services: Guided meditations Buddhify is an app that focuses on "mindfulness on-the-go." In the app's meditation library, you'll find guided exercises you can do anywhere. Sessions range from 3 to 40 minutes, so it's a versatile option whether you're a meditation pro or you're just starting out. Unlike our other top picks, Buddhify is available for a single upfront fee. Start meditating with Buddhify. Best for skeptics: Ten Percent Happier Price: Free, Membership: \$99/year Services: Guided meditations, online coaching Created by "skeptical newsmen" Dan Harris, the app is marketed to those who are "skeptics" about the benefits of meditation. It's dedicated to making the lives of its members 10 percent happier with expert-led meditations on a variety of topics, as well as access to a meditation coach. Start meditating with Ten Percent Happier. Best for parents: Mindful Mamas Price: \$11.99/month or \$79.99/year Services: Guided meditations, mantras. Last but certainly not least, we have Mindful Mamas, an app created by a licensed psychologist with the goal of helping new parents and parents-to-be by providing a platform where they can unwind and re-center. The app includes guided meditations, mantras, and other mindfulness exercises for every stage of parenthood. Start meditating with Mindful Mamas. Only the crème de la crème made it onto our list of best meditation online services! While sorting through all the meditation resources out there, we considered many factors, including availability on both Android and iOS devices, glowing customer reviews, suitability for all experience levels, including beginner, broad variety of content and resources. Start small: While meditating every day may be your ultimate goal, remember that it takes time to build a habit! Start with shorter meditations and increase as you progress, so you don't get discouraged. Find your time: What's the best time to meditate? Easy – whenever works best for you. Whether it's in the morning or right before sleep, pick a time that feels right to you and try to stick to it. Get comfy: How are you supposed to relax if you feel super uncomfortable? If you have trouble sitting cross-legged, know that it's perfectly OK to meditate while standing, while lying down, or even while walking. Be kind to yourself: There's really no right or wrong way to meditate, so try not to be too hard on yourself. Some days your mind will be wandering off, and that's completely normal. Just keep at it! You definitely don't need to break the bank to start meditating. From free online meditation practices to affordable apps, there are loads of resources available. Try one of the guided meditations on our list of top picks to find your calm. I am looking for a Meditation Script to create my own Recordings and Videos If you are looking for meditation scripts to create your own recordings and videos, you will need to buy a meditation script with a royalty free license. This license gives you legal permission to use the script to create your own recordings and videos. Please click here to visit our Royalty Free Meditation Scripts page. I am looking for a Meditation Script for Personal Use If you are looking for meditation scripts to read aloud to a class or client without recording yourself, please click here to visit our free guided meditation scripts page. Please note: All of our free meditation scripts are for personal use only. You cannot use these scripts to create your own recordings or videos. I am looking for Inspiration to write my own Meditation Script If you are looking for meditation scripts to inspire you to write your own script, please click here to visit our free guided meditation scripts page. Please note: If you are looking for inspiration to write your own meditation script, please make sure that you do not directly copy any part of our scripts. It is very important to understand that simply modifying our scripts does not mean that you have created a new script that you own. Keep Exploring If you're looking for guided meditation scripts that you can use in your projects without restriction, choose from my original, royalty-free scripts below. Using my many years of writing experience, each script has been carefully crafted for you to create audio for your students, clients or audience. My guided meditation scripts are used all over the world in... Meditation classes Healing therapy sessions Mindfulness initiatives Educational environments Support groups And more... The Benefits of Guided Meditations Guided meditations provide an immersive experience, one where the listener is taken on a journey into their mind. Experienced writers of guided meditation scripts use a number of effective techniques to engage the listener and penetrate the mind. Using specific phrasing, the narrator is able to stimulate visuals in the listener's mind that assist in achieving a meditative state and the subsequent healing of a particular problem such as stress, negative thinking, or anger. The beauty of guided meditations is that they can be used anywhere, whether that be in a meditation class or listening on the train on the way home from work. Guided meditations are a wonderful aid for those who find it difficult to sit down and meditate without some form of music or direction from a teacher. They also allow teachers and therapists to connect with their students and clients outside of the class or session, by recording a guided meditation for them to listen to at home. The benefits of guided meditations are far reaching and include: Reduced stress and anxiety Better emotional balance Improved sleep Better focus and attention Increased awareness of self and others Activation of greater intuition Better decision making Heightened connection to the world around and within Guided Meditation Scripts That Work Most free meditation scripts you find online are too short to create a meaningful connection with the listener. Most are generic, and to be frank, a little boring. Based on years of experience as a mindfulness educator, my scripts are carefully crafted to engage the listener and achieve the desired outcome. Depending on your pacing and where you choose to break up the meditation with a period of silence, my scripts will help you create meditations between 10-30 minutes, depending on the script. You also have the option to repeat sections to create something longer, if required. Royalty-Free My guided meditation scripts are copyright free, meaning that you can use them to create your own guided meditation recordings for personal or commercial use. Whether for clients or classes, you can record your own meditation audio without having to pay any further fees. You pay once for the script, and that's it. Guided Meditation Scripts for Download The scripts can be downloaded and used in your project immediately. These scripts are exclusively written by me, Alfred James, and by buying a script you have my full permission to use it freely. If need be, you can also adapt/edit the script to better suit your students/clients. The pricing for individual scripts is \$25. If you want to download all 5 scripts, you can purchase them as a package for \$99 by using the link at the bottom of the page. Below is an overview of each script. Please click the download link after the description to purchase the script you want. 1. Relaxation Meditation Theme: Stress release, deep relaxation Word Count: 700 words Estimated Recorded Length: 10-15 minutes This meditation is designed to relax the listener and relieve stress and anxiety. With the suggested spacing, you can record a guided meditation of 10-15 minutes. Script Extract: ...It's time to take leave of all the doing for a while. To stop the rushing around, to stop the evaluating, the judging, the wanting, and the expecting. It's time to just be here, really here, in this moment. Give this moment to yourself as a gift. You deserve it. Don't do anything. Just be as you are. Let thoughts and sounds rise and fall from your awareness. Noticing them for what they are and allow them to pass by untroubled... + Click to download the Relaxation script 2. Letting Go (Be Present) Theme: Release attachment (be present) Word Count: 800 words Estimated Recorded Length: 12-15 minutes This meditation is designed to bring the listener into the present moment by helping them let go of attachment and desire, and by releasing thoughts of the past and fears of the future. With the suggested spacing, you can record a guided meditation of 12-15 minutes. Script Extract: ...Allow your mind to empty without effort. Let the world around you be as it is. Merge into the universe and become an effortless link in this perfect circle of life. Allow yourself to reside in the realization that nothing can exist in the past or the future. This is all that there is. This is all that can possibly exist in this very moment, right here, right now. Become one with this truth and rest in its spaciousness... + Click to download the Letting Go script 3. Forgiveness Meditation Theme: Find forgiveness for self or others (be present) Word Count: 1450 words Estimated Recorded Length: 25-30 minutes This meditation is designed to help the listener cultivate forgiveness for themselves and others. It provides a release for a mind imprisoned by sadness, anger, and resentment. It will release the negative energy that prevents clarity of thought and peace in the present moment. With the suggested spacing, you can record a guided meditation of 25-30 minutes. Script Extract: ...Consider for a moment that all of these thoughts and feelings have one thing in common. They cannot bring you happiness. But they can and will disrupt your happiness, if you allow them to control your mind. These are traces of the past, scattered fragments of something that was but no longer is, and never will be again. These are memories associated with negative events, events that no longer exist and have no rooting in the reality of the present. They only exist at all because they are given life by your inability to let them go. But in truth they are useless. They are unhelpful and a hindrance to your happiness. And so it's time to surrender to forgiveness... + Click to download the Forgiveness script 4. Sleep Meditation Theme: Relax and sleep deeper for longer Word Count: 750 words Estimated Recorded Length: 12-15 minutes This meditation is designed to help the listener fall asleep. The script has hypnotic properties and will guide the listener into a deeply relaxed state and prepare the mind for sleep. This is particularly useful for those suffering from an overactive mind or insomnia. The script can also be used as a general sleep relaxation meditation. Script Extract: ...As you fall into synchronization with your breath, become aware of every inch of your body. Start at your toes and work your way up. Tense and gently release each body part as you move upwards. Squeeze the muscles in your legs, then your stomach, your hands, and arms. Feel every part unwind and surrender to relaxation. Let your shoulders relax and sink backwards into the bed. Let your chest expand and deflate with each intake of breathe. Connect with every inch of your body as you cultivate a deep, inner stillness and comfort... + Click to download the Sleep script 5. Loving-Kindness Meditation Theme: Cultivate loving-kindness for self and others. Word Count: 800 words Estimated Recorded Length: 12-15 minutes Loving-kindness meditation is a rewarding way to cultivate love, kindness, and compassion and share its positive energy with family, friends, and the wider world. There is no goal to this meditation. The intention is to simply experience the joy of sharing love and kindness. Script Extract: ... think of someone in your life who brings you joy and happiness, someone who loves you very much. It could be a partner, a parent, a sibling, or a close friend. See that person standing on your left-hand side, radiating warmth and happiness towards you. Sense their loving energy flowing into your body and allow it to consume you. Now think of someone else who cherishes you deeply. See that person standing on your right-hand side, offering their love and kindness to you. Feel the warmth radiating from their heart to yours. + Click to download the Loving-Kindness script Download All Scripts at a Discounted Rate You can save \$26 by downloading all 5 scripts together. Please use the link below to get the discount. + Download all scripts here for \$99 FAQ: 1. What format do the scripts come in? The guided meditation scripts come in a downloadable .doc text format. This can be edited on a computer. 2. Can I use the scripts to create YouTube videos? Yes, you can. 3. Can I create a CD or download for my readers/clients/students? Yes, you can create a CD recording or .mp3 for download, or put it on a USB stick or any other mode of media transfer. 4. Can I record your script without any background music? Yes. It's up to you if you use background music in your project. 5. Can I sell the scripts as they are? No. You can't resell my meditation scripts. They are for recording your own meditations with, not for resale. 6. Can I edit a script? Yes, if you want to edit part of the text to better suit your audience, that's fine. 7. Do I have to pay any royalties or fees after I purchase a script? No. Once you buy and download the script you can use it for your project without paying any further cost. 8. Are the scripts refundable? No. Due to the nature of digital downloads, scripts are non-refundable. Please read the sample scripts above to make sure they are a good fit for your project. 9. Why do you sell your scripts? My mindfulness exercises, meditation music and guided meditations are used the world over in schools, hospitals, therapy groups, classes and more. My mission is to reach as many people as I can and help people heal holistically through the exploration and understanding of their minds. These meditation scripts provide a platform for me to help reach thousands more people through therapists, meditation teachers, support group leaders and others. 10. I have another question, where can I ask it? If you have a question about a script, please contact me here. – Back to home

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