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Guided Meditation Scripts

Use these guided meditation scripts to calm the mind and relax the body. Meditation is the act of focusing the mind to relax, improve inner awareness, and make positive mental or physical changes.

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Are you looking for guided meditation audio? Listen to audio for free on the

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page, or [subscribe to](#)
[Relaxation by Inner](#)
[Health Studio](#) podcast to
hear scripts like these as
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Meditating often has a
number of [health benefits](#)
[such as better pain](#)
[tolerance](#). In addition,

meditation will help you improve your memory, cope with stress more effectively (physical, mental, and emotional), sleep better, and have an improved immune system.

You may notice that many of the relaxation exercises here fit into more than one category. Some of the meditation scripts could also be classified as guided imagery, anxiety relief relaxation, sleep relaxation, or other types of relaxation technique. Some of the meditation scripts on this page can also be found on these other pages, but they are organized here according to the purpose and type of meditation involved.

If you are looking for a basic introduction to meditation, start with the basic meditation scripts below for an introduction to how to meditate. As you become familiar with meditating and start to develop the skill to focus the mind, you will easily be able to use meditation techniques to make positive

changes and to learn new skills (check out the scripts below for learning and growth - for example, learning to play a musical instrument).

Basic Meditation Scripts

Please Note:

Use relaxation audio and videos wisely. Do not watch or listen to relaxation materials while you need to be fully awake and alert (for example, when driving) because this can be dangerous.

Please use relaxation sessions only when safe to do so.

[Breathing Awareness Meditation](#)

This breathing awareness relaxation script will guide you to focus on each stage of a breath as you breathe slowly and gently.

[Beginner's Breathing Meditation](#)

This breathing meditation script will guide you to relax by focusing on your breathing.

[Counting Meditation](#)

This counting meditation script will guide you to relax with meditation, using counting. Counting will allow you to focus your mind, which will lead to deep relaxation.

[Cue Words Relaxation](#)

This cue words relaxation script will guide you to relax your body, and then further calm the mind by repeating cues to relax.

[Spiritual Meditation](#)

Meditation is effective in reducing blood pressure, decreasing anxiety, improving pain tolerance, raising mood, and counteracting the harmful effects of stress. Spiritual is defined here as whatever gives YOU meaning.

Meditations for Healing

[Relaxation for Pain Relief](#)

Relaxation of any type is effective for pain management. People who do relaxation exercises are better able to tolerate pain, AND they actually feel less pain.

[Healing Relaxation](#)

This healing relaxation begins with passive progressive muscle relaxation, and then guides you to imagine your body healing itself.

[Dealing with Grief](#)

This guided relaxation will help to normalize the grief experience and explain the stages of grief.

Active Meditation Exercises

[Morning Relaxation: Guided Energy Starter](#)

This quick morning relaxation is a guided energy starter that will help you to become wide awake, energetic, and ready for the day ahead. Listen to this audio any time of day to get your energy going.

[A Relaxing Walk](#)

This relaxation script will guide you to take a relaxing walk - not just in your mind, but actually physically walking to relax.

[Martial Arts Training Guided Imagery for Kickboxing or Muay Thai](#)

Guided mental rehearsal of various punching and kicking techniques for martial arts training to help prepare for Kickboxing or Muay Thai martial arts competition.

[Martial Arts Competition Guided Imagery for Kickboxing or Muay Thai](#)

This guided imagery script involves mental rehearsal to prepare for martial arts competition in kickboxing or Muay Thai, become comfortable with combinations, and increase confidence.

Meditations for Learning and Growth

[Meditation for Acting](#)

This guided meditation for acting helps you, as an actor, to focus on getting into the character's state of mind, understand the character you are playing, and act effectively.

[Water Meditation: Trusting the People Who Do Medical Procedures](#)

Written by Diana. This story is an imagination journey about a main character who helps you relax and overcome fear of medical procedures. Specifically this story is about the fear of needles.

[Learn an Instrument](#)

[Meditation](#)

Feeling relaxed and confident can help you learn an instrument or other new skill more easily. This meditation aims to help increase confidence and motivation when learning to play an instrument.

[Learn a Language Meditation](#)

This meditation script will help with learning a language by guiding you to relax and improve your concentration.

[Relaxation for Homework Anxiety Using Relaxation Paint \(by Diana\)](#)

This relaxation for overcoming homework anxiety, written by Diana, uses the example of homework when learning a language, specifically when learning how a language works.

[When Relaxation Causes Anxiety: Relaxation for Homework Anxiety](#)

[Application](#)

Written by Diana, with a script by Patti Teel. If you find that relaxation causes anxiety, this script can help you learn to become calm, relaxed, and comfortable with relaxation techniques.

[Relaxation to Deal with Anger](#)

This guided relaxation script describes how to deal with anger quickly and effectively in the moment. Guides you in controlling anger in a healthy, productive way.

[Becoming More Playful](#)

This relaxation script begins by guiding you to relax your mind, and then use

visualization, meditation, and imagery to get in touch with your inner playfulness.

[Overcoming procrastination](#)

This relaxation script is for overcoming procrastination by dealing with some of the causes of this behavior and increasing motivation to deal with the things on your to do list.

[Decreasing Self Harm Behavior](#)

This relaxation script is for teens or adults with self harm behavior or nervous rituals and aims to create a feeling of calm and then explore more positive coping alternatives.

[Relaxation to Deal with Loneliness](#)

This relaxation script is to deal with loneliness by increasing confidence, developing a strong sense of self, and getting ready to take action to decrease loneliness.

Meditations for Improved Self Esteem

[Self-Esteem Relaxation](#)

Relax with affirmations, meditation, visualization and deep breathing. This self-esteem relaxation can be used to promote positive self-image and help you fall asleep in a positive frame of mind.

[Relaxation for Positive Self-Image](#)

This relaxation for positive self image helps to increase positive thinking, healthy self-concept, confidence, and self-esteem.

[Affirmations for Self-Esteem](#)

This affirmations for self-esteem relaxation script includes affirmations to increase self-esteem and confidence and promote a general feeling of calm.

[Finding Your Authentic Self](#)

Explore your values and connect with your authentic self. Use this relaxation technique to get in touch with your true self, live up to your full potential, and live according to your true identity.

[Body Image Relaxation](#)

This body image relaxation script is a guided meditation focused on self-acceptance and self-image.

[Dealing with Rejection or Failure](#)

Our own self-talk can contribute to the pain and low self-esteem that is sometimes associated with rejection or failure. This relaxation script will help you to identify and change upsetting thoughts.

A Variety of Relaxation Exercises with Meditation Components

[Anchoring Relaxation](#)

"Anchoring" is an effective way to train your body to quickly relax by making an association in your brain between a state of relaxation and touching a specific spot on your hand or wrist.

[Body Scan Sleep Relaxation](#)

This body scan sleep relaxation uses a variety of relaxation techniques to help calm the mind and body and drift off to sleep.

[Calming Down from Good News](#)

This relaxation script is for calming down from good news. It will help you achieve a state of calm so you can focus or sleep as needed.

[Relaxation During Pregnancy](#)

Relaxation during pregnancy is safe and effective for reducing stress, feeling calm, and increasing physical and mental comfort. Use relaxation techniques to get rid of nausea, headaches, and minor pain without taking medications.

[Overcoming Freeze Response](#)

Freeze is a common response to fear, especially in life-threatening situations that are difficult to escape. This relaxation script uses grounding techniques to help you decrease panic symptoms.

[Relax Under Pressure](#)

Learn to relax under pressure with this guided relaxation that will help you to remain calm, focused, and not nervous in a high pressure environment, such as a job interview, presentation, or test.

[Stop Guilt When Not Busy](#)

Many people find it difficult to relax because they feel guilty when they are not busy. Overcome the constant pressure to be busy and the guilt and restlessness interfere with relaxing.

[The Guided Meditation Site](#)

Are you yearning for complete relaxation and inner peace? Then visit the world's most comprehensive guided meditation website where you can learn how to meditate for free, enjoy meditation music, and experience the bliss of guided meditations.

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Erin Crowley

Beautiful. Thank you, thank you, thank you. I am so inspired to use some of these ideals in my class and spread the peace. Namaste'

[Like](#) · [Reply](#) · Nov 10, 2016 9:35am · Edited



Franny Gee

Thoughtful and insightful . Thank you.

[Like](#) · [Reply](#) · Mar 5, 2016 2:22pm



Bob Phillips ·

Fort Smith, Arkansas

Hi there! Great article you have, I would also want to share my thoughts that Meditation indeed has positive effects not only in the body but also in the mind, a total holistic wellness that brings us to know our inner-self better. It gives us a peace of mind that helps us have a much better perception about our lives.

Our advocacy is to promote the positive effects of meditation.

yoga and inner wellness.

Help us, visit our website at <http://www.iamthechangeiseek.org>

and also www.goodreads.com/kathleensuneja. You can also

download the app at

<https://play.google.com/store/apps/details...>

Thank you and have a great day!

Like · Reply · Feb 10, 2016 6:51am



IsoBeats

Great Meditation Scripts! These scripts are very detailed and you can tell there was a lot of thought put into them.

This will really help our company come up with good ideas for our guided meditation recordings to supplant our affirmations and meditation recordings. Thanks

Like · Reply · Dec 7, 2015 4:32pm



Anita McLeod ·

Yoga Instructor RYT 200 at Self-employed

I ordered four meditation scripts and got auditory recordings through I tunes. That's not what I want. Can you help?

Like · Reply · Mar 4, 2015 4:57pm

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