

Guided Meditation Scripts

Script with Guided Imagery for Mental Control

Take a slow, deep inhale and a complete exhale.

As you begin awareness of your breath, start to notice what thoughts are going through your mind.

What are you thinking about?

Do not get caught up in your thoughts, but just begin to notice them as they travel across your mind.

Let them go as they pass, and watch them come and go.

Continue to breathe deeply. I will begin to describe settings. Allow your mind to jump immediately to those settings. Let your mind be free to travel, and do not become attached to any one setting or image. You are a traveler jumping from place to place in your mind. Now we will begin.

An ocean. A deep, blue ocean. A beach with white sand. A seagull flying over the sand. Pelicans chasing the current over the waves. The waves crashing on the beach. The white sand. The desert.

Cactus in the desert. Blue sky. Blue, cloudless sky. Birds singing. A walled garden. Lush, green grass. Storm clouds. A cool breeze. The crack of thunder. The dark sky illuminated by lightning.

A long, dirt road stretching toward the horizon. A grove of olive trees. A farmer. A woman pulling water from a well. Children playing in the distance. A tall tree, stretching up to the sky. Blue sky.

Warm sun. Mountains in the distance, topped with snow. A farmhouse. A stable. Horses enclosed in a corral. Sunset. A flock of black birds in the sky. The hoot of an owl. The sounds of crickets. An old front porch with a swing. A glass of cold lemonade. A warm chair next to the fireplace. A gray cat curled on a small rug. An old woman sipping tea. A rose garden in full bloom. A robin with a worm in its beak. A hammock. Cool, dry concrete. A church with tall spires. White, puffy clouds.

White dove. Burning candle. Flickering flame. Burning candle. Burning Candle.

Now take a slow, deep inhale.

Long, complete exhale.

Open your eyes.