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20 minute guided meditation for positive energy

This guided 10 minute meditation will allow you to Connect with Positive Loving Energy. By going within, and sending out love into the universe, noticing how the positive energy is returned to you by ten fold. Give it a try, you will feel great! Enjoy! Meditation and StillnessFor a change, I would like to introduce this topic with a poem I wrote called "Beyond". Beyond...I am travelling beyond the universe...Beyond the sphere of life... The Reactive Mind and How It Holds Us BackThe reactive mind is an ancient mind we carry along with us which is designed to override our analytical mind and save our skins if we are under threat. But is your reactive mind really our friend. Read below and decide for yourself. Deep Breathing Exercises: How And Why To Use ThemThis article is an introductory guide to deep breathing exercises. It looks at their benefits and uses and shows you how to get started. Meditation Before BedWhen was the last time you had a really good night's sleep and woke up alert, rested and ready for your day? How many times during the day do you find yourself nodding off, longing to grab a few minutes' kip? When you finally get to bed, are you able to switch off and go to sleep or is your normal sleep pattern fitful as you toss and turn all night, your mind whirring as you replay the events of the day? Super Powerful Meditation TechniquesIn this age of high tech super fast nano second technology we expect instant results. We expect to press a button and see an image, report, a familiar face or audio download instantly. Words like wait, patience, sit still and observe send you into a frenzy and overdrive mode as you try and fast forward time. Sorry! Something went wrong Is your network connection unstable or browser outdated? Home – Relaxation 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. Copyright Notice: You may not make recordings or reproduce anything from this website, except for your personal, private use. Please see these frequently asked questions for details. Are you looking for guided meditation audio? Listen to audio for free on the meditation downloads page, or subscribe to Relaxation by Inner Health Studio podcast to hear scripts like these as relaxation downloads each week. 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). 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. Basic Meditation Scripts 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 MeditationThis breathing meditation script will guide you to relax by focusing on your breathing. Counting MeditationThis 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 RelaxationThis cue words relaxation script will guide you to relax your body, and then further calm the mind by repeating cues to relax. Spiritual MeditationMeditation 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 ReliefRelaxation 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 RelaxationThis healing relaxation 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 MeditationFeeling 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 MeditationThis 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 procrastinationThis 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 BehaviorThis 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 RelaxationRelax 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-EsteemThis 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 RelaxationThis 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 BusyMany 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 SiteAre 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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