

MEDITATION AND MINDFULNESS TEACHER TRAINING

School of Positive Transformation

Meditation and Mindfulness Script Library

The following lists are the 250 meditation scripts available from the School.

The Meditation Scripts are divided into six groups:

1. Mental Wellbeing Scripts
2. Physical Wellbeing Scripts
3. Personal Growth Scripts
4. Spiritual Scripts
5. Kids and Teens Scripts
6. Affirmations

Concerning the Guide Time: please be advised that these are estimates only, the duration of each script can vary with your rate of speech as well as lengths of the pauses you will include.



MEDITATION AND MINDFULNESS TEACHER TRAINING

Meditation Script

Mental Wellbeing Scripts

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
MW1 - Addiction Support Session	Supporting those with an addiction to safely seek support and stay on track with their rehabilitation	1185	20 Minutes
MW2 - Relieve Anxiety	This script offers guidance of when to pause whilst taking your client through a body scan then messages to help relieve stress and anxiety	1498	20 Minutes
MW3 - Breathe Away Anxious Thoughts	Breathing away anxious thoughts as if they were left by the side of the road as you drive along	591	10 minutes
MW4 - Breathe in Self-Love	Breathing self-love and eliminating negative labels spoken by others	783	15 Minutes
MW5 - Meditate After being Cheated On	A meditation to support someone who has been cheated on by offering them a vision of a brighter future	372	5 Minutes
MW6 - Clearing Fears Held in the Body Scan	Clearing fears and emotional tension held physically with this body scan	594	10 minutes
MW7 - Depression Release	A solution to help catch and clear negative thoughts that may lead to depression	506	10 minutes
MW8 - Ease Loneliness Meditation	A meditation to ease loneliness and feel connected to the higher consciousness and like-minded people around you	815	15 Minutes
MW9 - Forgiveness – Meadow Walk to Memory Brook	You are on a pleasant countryside walk and invited to resolve a memory requiring forgiveness	647	10 minutes
MW10 - Experience Forgiveness	Learning how to forgive and not hold grudges is essential for you to become the best version of you that you can be, the script guides you along that path	1171	20 Minutes
MW11 - Short Break Meditation for Mom	A short reset meditation for busy moms	266	5 Minutes
MW12 - Your Inner Land – Building Healthy Boundaries	A visualization to help you see the benefits of setting boundaries for yourself	663	10 minutes
MW13 - Honor Loneliness	Learn to honor and respond to the feelings of loneliness without associated negativity	1017	20 Minutes
MW14 - Meditation for Depression	Using your breath to let go of negative thoughts that may lead to depression	615	10 minutes
MW15 - Deep Self-Confidence	Using visualizations this script guides you to a bolder and more self confident version of yourself	846	15 Minutes
MW16 - Quit Cannabis and Get to Sleep	A sleep inducing meditation with visualizations to help with quitting cannabis use	1754	20 Minutes
MW17 - Healing Anxiety	A healing meditation to help relieve anxiety	631	10 minutes
MW18 - Resilience and Inner Strength	A meditation to help you find resilience and inner strength by letting go of limiting beliefs	674	10 minutes
MW19 - A Safe Place to Experience Your Emotions	Helping you find a safe place to experience and anchor several positive emotions one by one	1109	20 Minutes
MW20 - Stress – Sit Through the Storm	Help to relieve stress and fear with comparisons to a storm and finding the peace at the center/eye of the storm	763	15 Minutes
MW21 - Stress Relief with Breathing	A breathing technique and accompanying messages to reduce the impact of feeling stressed	801	15 Minutes
MW22 - Stress – Noticing your Body and Emotions	Learning to be in control of worry by being a witness to your thoughts, emotions and physical changes	1167	20 Minutes



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MW23 - 5 minute Practice Forgiveness	Forgive someone quickly and safely in a beautiful garden of your choice.	517	10 minutes
MW24 - Beginners Meditation	Beginners meditation, paying attention to the breath and noticing thoughts	780	15 Minutes
MW25 - Easing into Mindfulness	An introduction to mindfulness with guidance on mindful listening	720	15 Minutes
MW26 - Caring for Mental Health	Comparing joy with sadness so that you can always find joy when needed	649	10 minutes
MW27 - Get Relaxed in 5 minutes	Learning to use the power of your breath to take you away from stress into relaxation	369	5 Minutes
MW28 - Emotional Balance Meditation	Understanding emotional balance, acknowledge negative and positive emotions and letting them pass	1098	20 Minutes
MW29 - Meditation for Frustration	A relaxing session to help you through times of frustration by learning tools on how to get through these moments with ease.	1039	20 Minutes
MW30 - Meditation for Insecurity	this meditation is for you to use in either times when you are feeling insecure in this moment, or to generally build up your confidence if you feel a sense of insecurity in your daily life	1276	20 Minutes
MW31 - Meditation for Anxiety	A body scan followed by a visualization to reconnect with your true self and relieve anxiety	1127	20 Minutes
MW32 - Overcoming Depression	Overcoming depression with a body scan and positive statements	902	20 Minutes
MW33 - Easing Anger	Letting go of anger by practicing gratitude and removing expectations of others	957	20 Minutes
MW34 - Meditation for Honoring Grief	Honoring grief with a multi-colored light visualization	918	20 Minutes
MW35 - Embracing Sadness	Embracing sadness by learning to sit with it and let it go rather than it being stuck	666	10 minutes
MW36 - Meditation for Patience During Social Anxiety	A meditation for patience and acceptance when faced with social anxiety. Here you will learn techniques such as a mantra to allow what is happening within you rather than fight it.	975	20 Minutes
MW37 - Ease Social Anxiety	Learning how to ease anxiety in social situations with self-compassion	1000	20 Minutes
MW38 - Explore Fear	A relaxing body scan before exploring fears that may be holding you back	638	10 minutes
MW39 - Ultimate Stress Relief - Ocean of You	Relieve stress with this meditation that compares you with the ocean	500	10 minutes
MW40 - Stress Relief Breathing	Stress relieving meditation with a focus on belly breathing techniques	567	10 minutes
MW41 - A Friend in Stress	Learning to sit with stress as a compassionate witness and thereby letting it pass	557	10 minutes
MW42 - Release Anxiety, Practice Positivity	Learning to let stressful thoughts be replaced by positive thoughts at will	438	10 minutes
MW43 - Mindfully Clear Your Thoughts	Mindfully shift from whatever thoughts you are having to the present situation	573	10 minutes
WM44 - Away from Anxiety	Take a walk on the beach and learn to honor and replace anxious thoughts with positive ones	1070	20 Minutes
MW45 - Sleep Deeply the Story of Maggie	Here you will meet Maggie and her story of enforced relaxation from a busy life as a metaphor for slowing down and being able to sleep better	1755	25 Minutes
MW46 - Breathe Away Stress	Breathing away stress and focusing on accomplishing a goal	429	10 minutes
MW47 - Mindful Breathing for a Healthy Mind	Mindful breathing meditation to fully explore a goal gain a boost in confidence	1005	20 Minutes
MW48 - Getting to Know the Mind - Finding Health in Clarity	Exploring the past, present and the future with clarity of thinking and breathing	1036	20 Minutes
MW49 - Sadness	Learn to deal with sadness by being an observer rather than a participant of the emotion	349	5 Minutes



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MW50 - Fear	Learn to deal with fear by being an observer rather than a participant of the emotion	353	5 Minutes
MW51 - Disgust	Learn to deal with disgust by being an observer rather than a participant of the emotion	350	5 Minutes
MW52 - Anger	Learn to deal with anger by being an observer rather than a participant of the emotion	360	5 Minutes
MW53 - Meditation for Accepting Failure	Accept failure as learning opportunity and avoiding comparison with others	362	5 Minutes
MW54 - Meditation for Channeling Anger	Channel your anger by learning to distance yourself from your thoughts and exploring the root of the problem	423	10 minutes
MW55 - Meditation for Dealing with Grief	A comforting meditation for times when dealing with the loss of a loved one	427	10 minutes
MW56 - Coronavirus Relax	A relaxing session when you feel overwhelmed with too much negative talk about Covid19	375	5 Minutes

Physical Wellbeing Scripts

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
PW1 - Breathing and Body Scan	A breathing and top to toe body scan	595	10 minutes
PW2 - Breathing and Color Healing Body Scan	A body scan followed by filling your body with your favorite color	1051	20 Minutes
PW3 - Natural Weight Loss Meditation	A self love meditation with a focus on message supporting weight loss	956	20 Minutes
PW4 - Pregnancy - 2nd trimester Embracing Body Changes	A relaxing body scan and visualizations for ladies in the 2nd trimester of their pregnancy	1445	25 minutes
PW5 - Simple Energetic Breathing	Breathing techniques that can be utilized in the morning to energize you for the day ahead	356	5 Minutes
PW6 - Exercise Motivation	A meditation to focus on an early start and eating well to enhance your exercise regime	1212	20 Minutes
PW7 - Beautiful Gastric Band Hypnosis - Session 1	Go on a mental vacation as we place a mental and emotional gastric back around your stomach, which allows you to feel a delightful fullness as soon as you eat exactly as much food as you need	1147	20 Minutes
PW8 - Tightening of the Gastric Band - Session 2	This is the second session where the gastric band above is tightened to make for a smaller stomach that fills up quickly	1158	20 Minutes
PW9 - Gastric Band Removal – Session 3	This is the final gastric band session where the band is now removed	560	10 minutes
PW10 - Healing Cancer Meditation	A healing meditation to support those with cancer	1084	20 Minutes
PW11 - The Perfect Weight – Choose Health	A focus on the role your hands play when making healthy choices for the food you choose	1342	20 Minutes
PW12 - Be an Observer Meditation for Chronic Pain	Be guided to become an observer of the pain rather than a participant	1003	20 Minutes
PW13 - Breathing and Deep Body scan for Pain	A full top to toe body scan with compassionate color filling your entire body followed by sending this compassion to the pain	1083	20 Minutes
PW14 - Safe Place Meditation to Ease Pain	A relaxing visualization journey to find a spot where you can associate pain with a good place rather than bad	1120	20 Minutes



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Meditation Script

PW15 - Chronic Pain – Tackle the Mental Fear	Discover the fountain of relaxation to help alleviate pain	1129	20 Minutes
PW16 - Pregnancy – Being Present	A breathing and body scan meditation for pregnant ladies	594	10 minutes
PW17 - Pregnancy - Connection	Connecting with your baby as it grows inside	530	10 minutes
PW18 - Pregnancy - Gratitude	A gratitude meditation specifically for pregnant ladies	509	10 minutes
PW19 - Pregnancy – Happy Baby	Immerse yourself in this visualization for a few moments and be present with the wonderful feelings that occur for your child because you are their mother	521	10 minutes
PW20 - Pregnancy – Uncertain Moments	Affirmations and visualizations to help in times of uncertainty during pregnancy and motherhood	532	10 minutes
PW21 - The Four Foundations of Mindfulness - Mindfulness of Body	A detailed body scan rather than just general areas of the body in the first of this series of 4 meditations	532	10 minutes
PW22 - The Four Foundations of Mindfulness - Mindfulness of Breath	In the second of this series we look at focusing on the breath	488	10 minutes
PW23 - The Four Foundations of Mindfulness - Mindfulness of Walking	In the third of this series we look at ways of mindful walking	378	5 Minutes
PW24 - The Four Foundations of Mindfulness - 9 Sessions	This last session has 9 parts to it split in to 3 sections with three sessions in each. The main sections are Feelings, Mind & Self and represent a very thorough and detailed series of sessions	3261	45 minutes
PW25 - The Healing Fountain	A short visit to the fountain of relaxation	521	10 minutes
PW26 - Meditation for a Broken Heart	Losing love is one of the hardest things humans can go through. But with patience and compassion you can heal this strain that has been put on your heart and emotions	891	15 Minutes
PW27 - Quit Drinking Alcohol Session	If you're ready to quit drinking alcohol this relaxing meditation will offer inspiration for that journey	919	20 Minutes
PW28 - Become a Non-Smoker	If you're ready to quit smoking this relaxing meditation will offer inspiration for that journey	1020	20 Minutes
PW29 - Deep Meditation Focusing on Posture	This meditation focuses on your posture and lengthening your spine	659	10 minutes
PW30 - Clearing Fears Held in the Body	This relaxing body scan helps you find and then clear fears held as physical blockages	636	10 minutes
PW31 - Good Posture Unguided Meditation	Sitting cross legged this meditation reminds you to sit tall with a straight spine	228	5 Minutes
PW32 - Profound Grounding Session	A bare footed meditation for deep grounding with mother earth	868	15 Minutes
PW33 - Deep Progressive Muscle Relaxation	A deep relaxation meditation focusing on each muscle group	725	15 Minutes
PW34 - Dial Down Pain – Body Scan Session	A relaxing, pain relieving toe to top body scan	410	10 minutes
PW35 - Healing with Patience – Body Awareness	A 5-10 minute muscle relaxation session to focus on the entire body, sending extra compassion to areas that are painful	400	10 minutes
PW36 - Healing with Each Breath	A short and simple breathing session	351	5 Minutes
PW37 - Being Present Body Observation	A body awareness session, being present with each area of focus	362	5 Minutes
PW38 - Gratitude when Experiencing Pain	Find people, things and self to be grateful for and recall these when in pain	410	10 minutes
PW39 - Enhance Fertility	Connecting with yourself in a visualization to enhance your fertility	826	15 Minutes



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PW40 - Reflection of Love	Recall someone you love dearly and see yourself as they see you	595	10 minutes
PW41 - Focus - Body Scan	A top to toe focus body scan	373	5 Minutes
PW42 - Focus - Connect with your Body	Simple techniques to connect with your body each and every day	930	20 Minutes
PW43 - Healthy and Mindful Eating Habits for a Healthy Life	Focused breathing followed by a body scan and then visualizations of healthy eating and a healthy life	1036	20 Minutes
PW44 - Mindful Walking Meditation	A longer walking meditation for when you're actually walking or imagining walking	1076	20 Minutes
PW45 - Body scan - Gratitude for a Healthy Body	Cultivate gratitude for your healthy body with this powerful body scan meditation	1096	20 Minutes
PW46 - Powerful 5-minute breathing meditation	A short and simple 5 minute breathing session	391	5 Minutes
PW47 - Powerful 10 minute breathing meditation	a 10-15 minute breathing meditation with determination and self confidence	782	15 Minutes
PW48 - Meditation to Listen to your Body	Remove negative thoughts and replace them with positive ones whilst listening to the messages from your body	380	5 Minutes
PW49 - Sleep - Dreamy Deep Sleep Short Version	Recall breathing like a baby as you drift off to sleep	777	15 Minutes
PW50 - Sleep - 1. Healthy Sleep	Listen to this to kickstart your journey to healthy sleep patterns	1010	20 Minutes
PW51 - Sleep - 2. Body Relaxation	Full body relaxing session to aid sleep	1121	20 Minutes
PW52 - Sleep - 3. The River of the Mind	Imagine your mind is a river and go on a journey through the seasons with it	1296	20 Minutes
PW53 - Sleep - 4. Muscle Relaxation	A front to back, top to toe muscle relaxing session before drifting off	1137	20 Minutes
PW54 - Sleep - 5. Breathe into Your Body, Slowing Down	A relaxing session with messages of rest, peace and slowing down	630	10 minutes
PW55 - Sleep - 6. Sleepy Train Ride	Be guided into a restful sleep by going on a relaxing train ride through the beautiful countryside	1519	25 minutes
PW56 - Sleep - 7. Slowly Drift to Sleep	Waves of relaxation wash over you as you slowly drift off to sleep	383	5 Minutes



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Meditation Script

Personal Growth Scripts

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
PG1 - Amplify Your Strengths	A visualization about obtaining a goal plus ability-based affirmations	418	10 minutes
PG2 - Be Happy and Relaxed	A body scan with relaxation techniques fostering happiness	1727	20 Minutes
PG3 - Valued Financial Abundance	A visualization for financial abundance with affirmations for prosperity	733	15 Minutes
PG4 - Connecting to Self-Love	it is important to have genuine connections with others so that we can get the things we need, and help others, but it is equally important to connect with yourself	1021	20 Minutes
PG5 - Feel the Power of Love	Using breath to go within and foster self-love	558	10 minutes
PG6 - Manifest your Dream House and Life	Breathing away negativity before visualizing a perfectly happy life in your dream home	1288	20 Minutes
PG7 - Attract the Love You Deserve	Visualizing and manifesting attracting the love of your life	394	5 Minutes
PG8 - Elevate your Frequency to LOVE	Getting in tune with the vibrations in your body and using these to enhance your sense of gratitude	1099	20 Minutes
PG9 - Become an Influential Entrepreneur Visualization	A powerful visualization to experience your magnetizing energy at networking events.	846	15 Minutes
PG10 - Financial Abundance	A visualization on pages in a book to manifest financial abundance together with positive affirmations	1515	20 Minutes
PG11 - Short and Sweet Financial Abundance	Breathing meditation with affirmations for financial abundance	598	10 minutes
PG12 - Focus – Be in the Moment	A visualization of a normal day but with an awareness of being focused	1052	20 Minutes
PG13 - Focus - Eliminate Distractions	Breathing relaxation followed by guidance on distraction elimination	1151	20 Minutes
PG14 - Focus - Extreme Concentration	Breathing relaxation followed by concentration-based affirmations	956	20 Minutes
PG15 - Focus on Your Goal – Sail the Wind	This meditation uses the metaphor of sailing to learn the importance of focusing on a course of action	624	10 minutes
PG16 - Forget about Somebody	Using a walk on the beach to let go and forget about someone	643	10 minutes
PG17 - Set your Goals Session	A short body scan and goal setting meditation	540	10 minutes
PG18 - Short Session for Gratitude	A meditation focusing on a feeling grateful for a variety of things	329	5 Minutes
PG19 - Gratitude & Mindfulness Meditation	A longer gratitude meditation with breathing and affirmations - see PG45 for an even longer version if required	1538	20 Minutes
PG20 - Powerful Intentions for Prosperity and Abundance	Relaxing body awareness followed by intentions for prosperity and abundance	1003	20 Minutes



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Meditation Script

PG21 - 5 Session Program - Transforming into Authentic Self	A 5-session series (5 mins each) from the beach of discovery to transformation	1935	25 Minutes
PG22 - Manifestation Meditation	This Manifesting Meditation will allow you to amplify your attracting power. You will align yourself with the loving energy of the Universe so that you manifest the changes you desire.	1044	20 Minutes
PG23 - The Benefits of Meditation – A Short Session	An introduction to the benefits of meditation	710	15 Minutes
PG24 - Morning Meditation – Rise and Shine with a Smile	A meditation to do before getting out of bed to set you up for the day ahead	767	15 Minutes
PG25 - The Importance of Patience	Metaphors of fishing and seeds to help with enhancing your capacity for patience	1907	25 Minutes
PG26 - Realize the Social Media Illusion	Focusing on breathing and posture as you consider the impact social media may be having on your wellbeing	1243	20 Minutes
PG27 - Write out your Goals	A walk on the beach to enhance your sales skills and manifest your entrepreneurial goals.	1933	25 Minutes
PG28 - 5 minute Cultivate Intuition	Generate some clarity of thought by sorting through our thinking	375	5 Minutes
PG29 - 5-minute Intention Setting	Learn a technique to set a powerful intention	364	5 Minutes
PG30 - Growing Positiveness	A garden metaphor to guide you towards living in a state of positiveness	564	10 minutes
PG31 - Remember your Childhood Curiosity	Relaxing breathing session before getting in touch with your childhood intuition and allowing it to fill your whole body	755	15 Minutes
PG32 - Experience Confidence	Notice the way confidence affects your physical and mental state followed by affirmations	1075	20 Minutes
PG33 - Meditation for Empowerment	This meditation allows us to understand our strengths and weaknesses in or to become truly empowered	977	20 Minutes
PG34 - Meditation for Inspiration	This meditation allows for you to reflect on what inspires you, and allow it to cultivate powerful motivation in you	959	20 Minutes
PG35 - Meditation for Studying	Lots of tips and guidance on studying effectively in this meditation	1021	20 Minutes
PG36 - Meditation for Motivation	Connecting motivation and flow together with positive affirmations	859	15 Minutes
PG37 - The Importance of Focus	Using your 3rd eye to enhance the way you focus on tasks and memories	971	20 Minutes
PG38 - Newfound Energy	Using breathing to bring forth an abundance of natural energy	514	10 minutes
PG39 - The Art of Practicing Patience	Using a deep metaphor of the journey of a seed to cultivate patience	973	20 Minutes
PG40 - The Magic Behind Self-Love	Connect with your heart space as you look at yourself in an imaginary mirror	840	15 Minutes
PG41 - Bring About Clarity	Beguided through some relaxing breathing techniques followed by some body awareness then taken on a journey through the depths of your mind to find clarity in all you seek	953	20 Minutes
PG42 - Fly with Ease - Overcome the Fear of Flying	Overcome the fear of flying through relaxation and a cup of water	1198	20 Minutes
PG43 - Write Down your Goal and Focus on it	Focus on your goals with an imagination session writing them down	608	10 minutes
PG44 - Focus – I Continue Learning No Matter How Much I know	Feed your brain with the information regarding what you want to achieve	661	10 minutes



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PG45 - Deep Gratitude Meditation	A longer version of PG19 with a more detailed introduction section	1979	25 Minutes
PG46 - Practice Positivity	A breathing focused meditation based on creating optimism and positivity	1164	20 Minutes
PG47 - 5 Minute Reset for Desk Jobs	You are going to imagine that you can handle stress with ease and let troublesome business relations flow through you	520	10 minutes
PG48 - Protection Bubble	A relaxing meditation for creating a powerful, protective bubble that can help you not be affected by negative energies	805	15 Minutes
PG49 - Sense of Gratitude	A reminder of the many things in life that we can be grateful for	910	20 Minutes
PG50 - Moving Through Divorce	This meditation is for healing after a divorce. If you are entering this new chapter in your life, you deserve to feel your best even through the difficult moments	898	15 Minutes
PG51 - Strengthening the Bond of Marriage	This session will help you to build the bond of your marriage whether you have been together for years or whether you are just married	878	15 Minutes
PG52 - Meditation for Artist to Center before Crafting	A short breathing and visualisation meditation to centre and be fully present before starting your artwork	378	5 Minutes
PG53 - The Art of Gratitude - Extended	Some more things to be grateful and thankful for	638	10 minutes
PG54 - Focus - Returning to the Now	An "eyes open" mindfulness session focusing on the present by closely observing things near by	402	10 minutes
PG55 - Focus - Sustaining Attention	Sustain your attention by returning to the breath when your mind wanders	341	5 Minutes
PG56 - Focus - Staying on Track	Focus staying on track to achieve your goals, step by step	930	20 Minutes
PG57 - Focus - Concentration	Practice staying focused and concentrating even when presented with distractions	996	20 Minutes
PG58 - A Mindful Reflection of your Healthy Journey	Cultivate a feeling of deep appreciation by reflecting on your health journey thus far	1042	20 Minutes
PG59 - The Balance of Life	Live a harmonious life with things in balance, explore the balances you may encounter	353	5 Minutes
PG60 - Time Management Meditation	Explore where you spend time on goals and where you don't	447	10 minutes
PG61 - Helping Others Meditation	Recall the feelings when you have helped others and others have helped you	325	5 Minutes
PG62 - Day 1 of Feeling Gratitude	Day 1 of a 7-day gratitude series	512	10 minutes
PG63 - Day 2 of Feeling Gratitude	Day 2 of a 7-day gratitude series	507	10 minutes
PG64 - Day 3 of Feeling Gratitude	Day 3 of a 7-day gratitude series	523	10 minutes
PG65 - Day 4 of Feeling Gratitude	Day 4 of a 7-day gratitude series	549	10 minutes
PG66 - Day 5 of Feeling Gratitude	Day 5 of a 7-day gratitude series	517	10 minutes
PG67 - Day 6 of Feeling Gratitude	Day 6 of a 7-day gratitude series	540	10 minutes
PG68 - Day 7 of Feeling Gratitude	Day 7 of a 7-day gratitude series	550	10 minutes
PG69 - Mindfully Take a Shower	Try this meditation while actually taking a shower or just visualize taking one	437	10 minutes



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Meditation Script

PG70 - Mindfully Putting on Makeup	Be fully present when applying make up	352	5 Minutes
PG71 - Day 1 of Understanding Emotions	Day 1 of a 7-day series on understanding emotions	562	10 minutes
PG72 - Day 2 of Understanding Emotions	Day 2 of a 7-day series on understanding emotions	550	10 minutes
PG73 - Day 3 of Understanding Emotions	Day 3 of a 7-day series on understanding emotions	537	10 minutes
PG74 - Day 4 of Understanding Emotions	Day 4 of a 7-day series on understanding emotions	525	10 minutes
PG75 - Day 5 of Understanding Emotions	Day 5 of a 7-day series on understanding emotions	542	10 minutes
PG76 - Day 6 of Understanding Emotions	Day 6 of a 7-day series on understanding emotions	579	10 minutes
PG77 - Day 7 of Understanding Emotions	Day 7 of a 7-day series on understanding emotions	522	10 minutes
PG78 - Meditation for Breaking a Bad Habit	Contemplate bad habits and eliminate the triggers for them and replace them with a good habit	357	5 Minutes
PG79 - Meditation for Mindfulness	A short mindfulness tour round the senses	305	5 Minutes
PG80 - Meditation for Empathy	Expressing empathy with compassion and without judgement or expectation	366	5 Minutes
PG81 - Practice Positivity	An uplifting, positive session for you to be grateful for all the good things in life	332	5 Minutes

Spiritual Scripts

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
S1 - Align Your Energy with Abundance	Align your energy with abundance with these positive statements	354	5 Minutes
S2 - Astral Projection Session	This guided meditation is for taking you on an astral projection and lucid dreaming journey	877	15 Minutes
S3 - Awaken Your Intuition	Learn to let go of the loud things in your conscious and let your intuition shine through	381	5 Minutes
S4 - Your Childhood Intuition	Reconnect with your childhood intuition and natural imagination	1295	20 Minutes
S5-EquestrianMeditation-ConnectwithyourHorse	Relaxing mindful session to connect with nature and your horse	364	5 Minutes
S6 - Gentle Brook in the Meadow (Visualization)	A relaxing session going on a walk through a gorgeous meadow	630	10 minutes
S7 - Healing Health Benefits of Seeds and Nuts	A meditation to focus on the power of eating nuts, beans and seeds	484	10 minutes
S8 - Meet Your Higher Self	A multi-dimensional journey to find your spirit within you and your higher self	2080	30 minutes
S9 - Imagine the Perfect World	Send rays of love out to the whole world, one group at a time	1129	20 Minutes
S10 - A Portal to Meet Your Future Self	Go to a beautiful forest and meet your future self and go off on a canoe ride together	869	15 Minutes
S11 - Relaxation Spa	Spend a relaxing day at the spa listening to positive messages	710	15 Minutes



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Meditation Script

S12 - Stress Relief through Nature	Choose a relaxing outdoor place to spend some time connecting with nature and being able to draw on this in times of stress	800	15 Minutes
S13 - A Nice French Island in the Bay of Biscay – Vivid Visualization	Spend some time relaxing whilst exploring this French island before drifting off to sleep	2018	30 minutes
S14 - A Nice French Island Walk – Guided Visualization	A short walk round this French island at the end of the day	610	10 minutes
S15 - White Light Protection	Breathe in pure white light and let it fill and protect you	385	5 Minutes
S16 - All Seven Chakra Balancing	When you balance the chakras by meditating on them, concentrating all of your focus on each, you see the events in your life as symbolic with beautiful lessons to be learned	684	10 minutes
S17 - Powerful Mantras Meditation	4 different mantras to use during this guided meditation	512	10 minutes
S18 - Loving Kindness	A short body scan followed by sending loving kindness to yourself	633	10 minutes
S19 - Meditation for Inner Peace	Take a walk through a magical majestic forest to find inner peace whenever you need it	840	15 Minutes
S20 - Third Eye Chakra Meditation	A powerful 3rd eye chakra meditation to enhance inner vision and intuition	979	20 Minutes
S21 - Relaxing Mountain Cabin Visualization	Spend some time in your mountain cabin exploring the beauty of the surroundings	1619	25 minutes
S22 - Spiritual Reconnection	Connect with the spirit guide already within you and listen to their positive messages	969	20 Minutes
S23 - Midnight Sky Visualization	Visualize a night under the stars and receive their messages of joy and creativity	1040	20 Minutes
S24 - Manifesting All You Desire Visualization	Manifest your perfect life as projected on a movie screen	974	20 Minutes
S25 - Sleepy Ocean Visualization	Explore this tranquil beachside cave as you drift off to a peaceful night's sleep	2026	30 minutes
S26 - High Road, Low Road Motorcycle Ride of Change	Take a motorcycle ride to explore the wonders of the high road versus the low road of now	1330	20 Minutes
S27 - Beach Sunset Visualization	What can be more relaxing than watching the sun go down whilst by the side of the ocean	391	5 Minutes
S28 - Full Moon Meditation	This full moon meditation can be done at any time with a real or imaginary moon, the positive messages will still be the same	736	15 Minutes
S29 - Meditation for Connecting with Nature	Turn your attention towards the nature within you for connection at any time you need its benefit	361	5 Minutes
S30 - Meditation for Connecting with Animals	Quieten your voice and your mind to connect with and learn from the animals	327	5 Minutes



MEDITATION AND MINDFULNESS TEACHER TRAINING

Meditation Script

Kids and Teens Scripts

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
KT1 - Meditation for Teens	For teens to help them with self belief	749	15 Minutes
KT2 - Little Kids Relaxing Sailboat Island	A short relaxation and happiness meditation for young children using breath to power a sailing boat.	379	5 Minutes
KT3 - Older Kids Relaxing Session	For older kids this relaxing meditation uses body awareness for relaxation with a positive, feel good message	649	10 minutes
KT4 - Beach Meditation for Kids	A children's sunny beach and seaside meditation with fun and happiness	965	20 Minutes
KT5 - Sleep Meditation for Kids – The Butterfly Nest	A story of a day in the life Sandy the Butterfly, aids in helping children with sleep.	1059	20 Minutes
KT6 - Confidence for The Youth	Helping children with confidence by guiding them in to the role of a super hero with super powers	388	5 Minutes

Affirmations

<u>File Name</u>	<u>Short Description</u>	<u>Words</u>	<u>Guide Time</u>
A1 - Letting Go - Beach Walk	A guided visualisation of walking on the beach with help to let go of negative emotions. 44 affirmations also included.	1314	20 Minutes
A2 - Focus – Relaxation and Affirmations	Affirmations to each achieve focus during the day	603	10 minutes
A3 - 30 Financial Freedom Affirmations	30 Financial freedom and abundance affirmations	324	5 Minutes
A4 - 75 Powerful Affirmations Mix	A mixed selection of 75 affirmations	759	15 Minutes
A5 - 30 Affirmations for Self-Esteem	A collection of 30 affirmations for Self-esteem	366	5 Minutes
A6 - 30 Affirmations for Self-Love	A collection of 30 affirmations for self-love	333	5 Minutes
A7 - 30 Affirmations for Confidence	A collection of 30 affirmation for confidence	347	5 Minutes
A8 - 30 Affirmations for Procrastination	A collection of 30 affirmations to help avoid procrastination	417	10 minutes
A9 - 30 Affirmations for Weight Loss	A collection of 30 affirmations to help with weight loss	388	5 Minutes
A10 - 30 Affirmations for Abundance	A collection of 30 affirmations for abundance	364	5 Minutes
A11 - 30 Affirmations for Success	A collection of affirmations for success	287	5 Minutes
A12 - 30 Affirmations for Positive Thinking #1	A collection of 30 affirmations for positive thinking	317	5 Minutes
A13 - 30 Affirmations for Positive Thinking #2	A collection of 30 more affirmations for positive thinking	343	5 Minutes
A14 - 30 Affirmations for Self-Healing	A collection of 30 affirmations for self-healing	374	5 Minutes
A15 - 30 Affirmations for Exercise Motivation	A collection of 30 affirmations for exercise motivation	373	5 Minutes
A16 - 20 Affirmations for Weight Loss	A collection of 20 weight loss affirmations	269	5 Minutes

