

Visualizing Stress as a Storm

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Stress Script - High 1000

[“...” indicates a 3 second pause]

[“.....” indicates a 5 second pause]

[Speech at medium pace]

Welcome to this session to help you through high amounts of stress...

When we are presented with situations in our life that are very high stress, it's seems impossible to get past the stressful feelings to see clearly.

The best way to tackle high stress situations is through full and conscious breathing...

When we are not present in our bodies, our thoughts can carry us away, making stressful situations almost debilitating...

Luckily when we have awareness to focus on our breath and body, we can bring ourselves back into the present moment, bringing us clarity.

So, let's honor our breath now, and how it brings us in the present moment by taking 5 significant and purposeful breaths.

[pause for 3 seconds]

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[speech slows to a very relaxing pace]

1 fully inhale.... expanding your belly and chest as much as you can.

Holding it for a moment...

And exhale.... feeling a wave of relaxation sweep over you...

2 inhale.... filling your entire breathing system with fresh oxygen.

Hold it...

And exhale.... the wave of relaxation gently sweeping over you...

3 inhale.... so that you are brimming with air.

Holding it..... soaking in oxygen...

And exhale.... your body relaxes in different areas, without any effort...

4 fully inhale.... feeling these breaths purifying your entire body...

Exhaling.... just notice how you are feeling..

And 5.... a beautiful breath coming in....hold it, feeling invigorated from oxygen...

And exhale.... allowing relaxation to sweep over you...

Take note of how you feel at this very moment.

[pause 8 seconds]

You now have an abundance of oxygen.

This is how we are created to feel.

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[pause 3 seconds]

Breathing deeply and fully is an expression of self-compassion.

[pause 5 seconds]

Let the flow of your breath become natural and notice how abundance feels.

[pause 5 seconds]

Good.

[pause 5 seconds]

Now visualize yourself standing in a big field, and no one else is around.....

Everything is calm and peaceful.....

You are surrounded by nature.....

Sit down in this meadow and look around, noticing the beauty all around you.....you are fully relaxed.

[pause for 10 seconds]

In the distance you see dark clouds closing in as the sky grows a little darker... you see that a small storm is forming and you feel some rain drops falling down.

[pause for 5 seconds]

Imagine that this storm is your stress... it could be a mild stress with just some rain and a little wind..... or it could be a very high stress with extremely strong winds and a very heavy rain pouring down.

[pause for 5 seconds]

In this visual, we are going to face a very strong and powerful storm to make ourselves stronger within.

So, as you feel the storm getting even stronger and the wind is blowing harder and harder, you sit there in the meadow, completely unfazed by it.

[pause 3 seconds]

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The storm cannot hurt you here.

[pause 8 seconds]

You have a choice to react to this storm with fear... or with love and compassion, knowing that this storm is harmless in this visualization you are creating.....

Stress is our reaction to fear, worry, and even high demands...

[pause 5 seconds]

Whether the fear it's real or not, we have to learn the proper reaction to all these things.

Sometimes you can't help it and stress will take over in a matter of seconds and we must handle it properly or it will handle us.

Just like sitting through the storm in the field, stress cannot harm you if you know that it simply passes you by.

What matters is your own reaction to the events around you.

Really embrace this stress now and fully let exist without fighting it.

You see this storm of stress in front of you is very dark as the storm clouds get thicker, raining down with fury.

You decide to get up from where you were sitting and slowly start walking towards it, without fear, nor worry..... just pure confidence that you are safe and in control.....

You get closer and closer as the storm draws near and the wind blows with tremendous speed.....

The winds and rains have no effect on you..... it is really easy for you to step forward and only your clothes are flopping around.

As you look forward you see the eye of this storm, and around that eye the winds and the rain are extremely powerful and strong, yet you have zero worry as you step inside of this eye.....

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You are standing now inside this center, and everything is calm and peaceful here.

You look around from within the eye of the storm and can see all the chaos around you.....but inside here its calm and cozy.

This is your space..... your safe spot... and so when the stress has fully taken over you, you have a choice to let it blow over without a fight, just siting right in the middle of it..... realizing that it cannot hurt you here.

Witness your body is the center and any stress is just a storm surrounding you that comes and goes.

You are in control and can always come back to your safe space.

And now you the storm is losing it's power..... dying down now slowly..... the rain is easing up and it's only now drizzling.....

You see the clouds drifting away as the sky gets brighter.....

The sunlight peeks though the clouds as they pass by, then eventually bursts out with great intensity, shining a beautiful light all around you.....

You see birds coming out and start singing.

You see butterflies and bees buzzing around the flowers that are blossoming now after the heavy rains.

Everything is beautiful now.....

This moment represents you being in a beautiful state of mind where stress had no control of you as it passed you by.

Very good.

Now we are going to take 3 nice deep breaths in, slowly bringing ourselves back to the present moment.

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1..... nice full breath of fresh energy

2..... breathing, taking in all that you learned here today

And 3..... take in another helpful breath, allowing the memory of your strength through the storm to be present in your mind right now.

Good.

Use this session or technique whenever you find yourself in a high stress situation, and you will be amazed at how you can ride out the storm of stress!

