

### Guided Heart Based Meditation script

*'The first thing I would like you to do is to find somewhere quiet for the next 10 or 20 minutes. Get yourself into a really nice comfortable position, whether this is sitting down, lying down or standing up and somewhere where you won't be disturbed. If it feels comfortable close your eyes or if you prefer, just settle yourself on a neutral gazing spot in front of you.'*

(Pause)

*'Then start to bring your awareness to the movement of the breath into and out of your body..... notice how the air enters you nose into your lungs..... and then back out from your lungs through your nose into the room again..... Don't try to speed it up or slow it down, just allow it to be whatever it needs to be in this moment in time.'*

(Pause)

*'Allow the breath to anchor you in this moment.'*

(Pause)

*'Any time those thoughts try and creep on in, just notice them and accept them and just allow them to pass on by..... bringing your awareness back to the movement of the breath into and out of your body.'*

(Pause)

*'When you are ready, bring your awareness into your heart area and just rest there for a few moments. The heart area represents your source of unconditional love, compassion and your inner truth and authenticity not only for others but also for yourself. Notice whether there is any discomfort or tension or perhaps a sense of calmness and peace. Just allow whatever to come up to come up without judgment or criticism, using your breath to breathe into your heart area.'*

(Pause)

*'As you guide your breath into your heart area and allow it to settle into a gentle pattern..... this is bringing your heart into heart coherence. Heart coherence enables your whole body to improve in its strength and resilience in all areas of life, including physically, emotionally, spiritually and cognitively.'*

(Pause)

*'Now, if it feels comfortable to do so, I invite you to imagine a chord running down from your heart area into the Earth. If you would prefer to stay in your heart area, then just keep focusing on your breath into and out of your heart area over the next few moments.*

*If you are happy to imagine the chord linking your heart to Mother Earth, then imagine this chord running down through your body, legs and feet and entering Mother Earth. Imagine roots spreading from your body and this chord into Mother Earth, anchoring you and making you feel very grounded and secure and safe. If it feels comfortable to do so, you may like to connect to the Elementals, trees, nature, soil, animals that live and reside in Mother Earth (adapt accordingly to the audience you are working with e.g. if they believe in Elemental spirits, fairies etc then you can mention these here too).*

*Imagine releasing any tension, trauma, suffering, pain and stress from your body down into Mother Earth, allowing her to transmute these energies into Divine Love. You then may like to imagine Mother Earth's healing energies flowing back up through the chord, up through your feet, legs and body back into your heart area.'*

(Pause)

*'Now, if it feels comfortable to do so, I invite you to imagine a chord running up from your heart area into the Universe above. If you would prefer to stay in your heart area, then just keep focusing on your breath into and out of your heart area over the next few moments.*

*If you are happy to imagine the chord linking your heart to the Universe, then imagine this chord running up through your head, the crown of your head and send the chord as far and as wide as you would like to. You may decide to anchor the chord into the sun, moon, stars, other planets, God Allah, Buddha, Archangels or something else that links to your faith or spirituality. Whatever resonates for you but that represents a source of Divine Source of unconditional love unconditional love and safety and grace to you.*

*Imagine releasing any tension, trauma, suffering, pain and stress up through your body into your chosen place, allowing this source of unconditional love to transmute these energies into Divine Love and light. You then may like to imagine Divine healing energies flowing down from your chosen source.....through the chord, down your crown, your face and back into your heart area.'*

(Pause)

*'Bring your awareness back into your heart area and your breath flowing into and out of your heart area. Now I would like you to bring to mind some positive emotions and feelings that you would like*

*to increase in your life. This may include joy, bliss, love, trust, compassion, hope, courage, grace, faith, strength, acceptance or others positive emotions.*

*Imagine each of these feelings and emotions gently dropping into your heart area. Be aware of whether there is any resistance or tension as you do this and using your breath, see whether you can embrace these sensations with loving kindness and acceptance.'*

(Pause)

*'Your heart is an amazing organ, the most important in your body. Not only is it the connection to your authenticity and inner truth and soul but it has its own heartbeat, nervous system, brain and intuition. It is also the organ that pumps blood around your body, filling each cell with energy and oxygen. So now I would like you to imagine your heart pumping all of those beautiful emotions and feelings, as well as any healing energies from Mother Earth or your chosen Universal support that you have already connected with in your heart area to every single cell in your body. Sending joy, bliss, love, trust, compassion, hope, courage, grace, faith, strength, acceptance or any other positive emotion that is important for you in this moment and imagine those emotions and healing energies to enter each cell in your body. Imagine your body and energy field releasing any distress, tension, pain, illness, suffering that you may have been holding on to and replace every cell in your body with the positive emotions, as well as the healing energies from Mother Earth and Universal sources.'*

(Pause)

*Go to the extended section if you want to take this meditation any further. Otherwise continue with instructions that follow.*

(Pause for a couple of minutes)

*'Now bring your awareness back into your heart area and the breath moving into and out of your heart.'*

(Pause)

*'Remember that even when you stop doing this meditation, the effects will continue to last. You can strengthen or deepen the experience at any time by reminding yourself to connect back into your heart and repeating the meditation. The more you allow yourself to practise this, the stronger the effects will be.'*

(Pause)

*'So just breathing into and out of your heart area, begin to notice the surface that you are either sitting on, standing on or lying down on. Notice the contact points of your body on the surfaces that you are in contact with. Notice the temperature of the environment you are in on your body, the smells and sounds. Gently start wiggling your fingers and toes. If you have had your eyes closed, then start opening them and reconnecting with your environment, noticing what is around you that you can see in the here and now. If you are feeling slightly light headed, then imagine sending energy down from your heart, down through your body into the ground and anchoring you back in this moment.'*

## EXTENSIONS

This is an opportunity to deepen the meditation even further by sending healing energy from your heart/ group of hearts to the community, country, world and universe. Adapt according to the client or group that you are working with, remembering to 'invite' rather than insist that they participate in any part of the meditation.

1. When reading script to just one person: Sending their heart energy to another person

*'Now, if it feels comfortable to do so, I invite you to imagine a beam of light coming from your heart, full of the beautiful emotions and healing energies that you have already connected with and sending this to a chosen person in your life. This may be someone that is a family member, friend, colleague, neighbour or just someone that you feel may benefit from some heart energy in their life. With no conditions attached, imagine the beam of light from your heart entering their heart and filling their heart with healing, Divine love and light. You may want to send them hope, love, strength, courage, trust, joy or something else that is positive and healing. Imagine this energy entering their heart and filling their body with this beautiful healing energy, releasing and tension, suffering, pain or illness that they may be struggling with, be it emotional, physical, cognitive or spiritual. Just take a few moments to imagine this healing light and energy flowing around their body and reaching every cell in their body.'*

(Pause)

*'Now bring your awareness back into your heart area and the breath moving into and out of your heart.'*

(Pause)

*'Remember that even when you stop doing this meditation, the effects will continue to last. You can strengthen or deepen the experience at any time by reminding yourself to connect back into your heart and repeating the meditation. The more you allow yourself to practise this, the stronger the effects will be.'*

(Pause)

*'So just breathing into and out of your heart area, begin to notice the surface that you are either sitting on, standing on or lying down on. Notice the contact points of your body on the surfaces that you are in contact with. Notice the temperature of the environment you are in on your body, the smells and sounds. Gently start wiggling your fingers and toes. If you have had your eyes closed, then start opening them and reconnecting with your environment, noticing what is around you that you can see in the here and now. If you are feeling slightly light headed, then imagine sending energy down from your heart, down through your body into the ground and anchoring you back in this moment.'*

2. When reading script to just one person: Sending their heart energy to many people, nature, animals etc

*'Now, if it feels comfortable to do so, I invite you to imagine a beam of light coming from your heart, full of the beautiful emotions and healing energies that you have already connected with and sending this to anyone that you feel would benefit from this. This may be family members, friends, colleagues, neighbours or just people in the world that you feel may benefit from some heart energy in their life, perhaps your environment and nature and animals. With no conditions attached, imagine the beam of light from your heart radiating out and entering the hearts or energy fields of all of those that you are connecting with. Imagine filling their hearts and energy fields with healing, Divine love and light and coming into their own heart coherence. You may want to send hope, love, strength, courage, trust, joy or something else that is positive and healing. Imagine this energy entering their hearts or energy fields and filling them with this beautiful healing energy, releasing and tension, suffering, pain or illness that they may be struggling with, be it emotional, physical, cognitive or spiritual. Just take a few moments to imagine this healing light and energy flowing around their bodies and energy fields and reaching every cell.'*

(Pause)

*'Now bring your awareness back into your heart area and the breath moving into and out of your heart.'*

(Pause)

*'Remember that even when you stop doing this meditation, the effects will continue to last. You can strengthen or deepen the experience at any time by reminding yourself to connect back into your heart and repeating the meditation. The more you allow yourself to practise this, the stronger the effects will be.'*

(Pause)

*'So just breathing into and out of your heart area, begin to notice the surface that you are either sitting on, standing on or lying down on. Notice the contact points of your body on the surfaces that you are in contact with. Notice the temperature of the environment you are in on your body, the smells and sounds. Gently start wiggling your fingers and toes. If you have had your eyes closed, then start opening them and reconnecting with your environment, noticing what is around you that you can see in the here and now. If you are feeling slightly light headed, then imagine sending energy down from your heart, down through your body into the ground and anchoring you back in this moment.'*

3. When reading script to a group: Sending their heart energy to many people, nature, animals etc

*'Now, if it feels comfortable to do so, I invite you to imagine a beam of light coming from your heart, full of the beautiful emotions and healing energies that you have already connected with. Imagine a beam of light from your heart linking with the hearts of everyone else doing this meditation in this moment and forming a very powerful strong channel or beam of beautiful healing love and light. We are now going to imagine this powerful combined beam of healing and light reaching anyone that you feel would benefit from this. This may be family members, friends, colleagues, neighbours or just people in the world that you feel may benefit from some heart energy in their life, perhaps your environment and nature and animals. With no conditions attached, imagine the beam of light radiating out and entering the hearts or energy fields of all of those that you are connecting with. Imagine filling their hearts and energy fields with healing, Divine love and light and finding their own heart coherence. You may want to send hope, love, strength, courage, trust, joy or something else*

*that is positive and healing. Imagine this energy entering their hearts or energy fields and filling them with this beautiful healing energy, releasing and tension, suffering, pain or illness that they may be struggling with, be it emotional, physical, cognitive or spiritual. Just take a few moments to imagine this healing light and energy flowing around their bodies and energy fields and reaching every cell.'*

(Pause)

*'Now bring your awareness back into your heart area and the breath moving into and out of your heart.'*

(Pause)

*'Remember that even when you stop doing this meditation, the effects will continue to last. You can strengthen or deepen the experience at any time by reminding yourself to connect back into your heart and repeating the meditation. The more you allow yourself to practise this, the stronger the effects will be.'*

(Pause)

*'So just breathing into and out of your heart area, begin to notice the surface that you are either sitting on, standing on or lying down on. Notice the contact points of your body on the surfaces that you are in contact with. Notice the temperature of the environment you are in on your body, the smells and sounds. Gently start wiggling your fingers and toes. If you have had your eyes closed, then start opening them and reconnecting with your environment, noticing what is around you that you can see in the here and now. If you are feeling slightly light headed, then imagine sending energy down from your heart, down through your body into the ground and anchoring you back in this moment.'*