



The Tranquility Within A Guided Meditation for Connecting with Inner Peace

[Note to Reader: Each word of the script should be read slowly and carefully. A comma indicates a brief pause; a period indicates a pause of two full seconds. Where a longer pause is recommended, I have noted this by writing P followed by a number to indicate how many full seconds; e.g., P3 for three full seconds, up to P15 for fifteen full seconds.]

Welcome to The Tranquility Within. This guided meditation is designed to help you discover your own place of deepest peace and tranquility. As you listen, you will engage the powerful, cleansing action of your breath and the natural wisdom of your imagination to reach a state of deep relaxation and inner peace. The beginning breathing exercise is best performed in an upright position, so choose a comfortable chair or seated position on the floor where you can feel supported throughout your body as you relax.

P3

As you listen, remember that you are always in control, and may stop the meditation at any time or alter my suggestions as you wish to better suit you. Your own imagination may offer images of its own as you listen; remember to trust whatever arises, without judgment, allowing the natural wisdom of your own mind and body to guide you to your own unique place of inner peace. To begin, situate yourself comfortably in a seated position. Arrange yourself so that you feel supported throughout your body, and particularly in your back.

P3

For a moment, simply breathe in and out naturally, allowing your eyes to close and taking stock of how your body feels right now. From head to toe, just moving your awareness down over your body and noticing, without judgment, if there is tension or discomfort

anywhere, and see if you can shift yourself in any way to make yourself a bit more comfortable, breathing naturally in and out, and just noticing how your body is feeling today. As you breathe, nagging thoughts or worries about the day may surface, and as this happens, you can allow your mind to acknowledge the thought for an instant, and then release it on the exhale, reminding yourself that for the next several minutes, you are at liberty to relax completely, and to leave these concerns behind for now.

P3

And now, beginning to practice a more deliberate breathing cycle, carefully designed to help relax your nervous system so that you can achieve a healing state of deep calm, and let go of any anxieties or any nagging concerns. Begin by exhaling all of the air from your body, and then inhaling deeply to a count of 1-2-3-4 seconds. Immediately begin to exhale slowly, to a count of 1-2-3-4-5-6. Hold the breath out for 1-2 seconds, and then begin again, inhaling deeply into your lungs for 1-2-3-4, and now slowly, slowly exhaling for 1-2-3-4-5-6, holding the breath out for 1-2 seconds, and inhaling again to a count of 1-2-3-4. Continue this breathing cycle for a few moments, breathing in on a count of four, and breathing out on a count of six, holding the breath out for a count of two, and so on.

P5

On your next inhalation, imagine the fresh oxygen reaching up to the crown of your head and then, on the out-breath, feel the crown of your head relax and release any tension. Imagine a warm, relaxed feeling at the top of your head that begins to slowly spread downward over your face and body, like warm, dripping wax from a candle. As you inhale for a count of four again, imagine the oxygen now reaching your forehead, eyes, cheeks and jaw, and relaxing these muscles on the exhale, releasing all the tension in your face with the outward breath. Inhaling once more, collecting all the tension in your neck and throat, gathering it up and breathing it out on the exhale, as the melting wax reaches your collarbone, bringing with it a deeper release of tension.

P3

Continue breathing in and out on the same cycle, moving your awareness progressively down through each part of your body, and breathing out any tension on the exhale. So now, breathing into your shoulders and back, and arms, spreading the peaceful, relaxed feeling down your body as you breathe out. Breathing and relaxing, down through your stomach, your hips, your legs and your feet. All the while maintaining the soothing, now-familiar count of four seconds on the inhale, six seconds for the exhale, and holding the breath out for two seconds, then again, inhaling fresh, clean oxygen, scooping up the tension, and breathing it all out.

P5

When you reach your feet, breathing out the last bit of tension from your body on the exhale, allow your breath to return to a natural, easy rhythm, simply breathing in and out

now at your own pace. Gently inhaling, and exhaling naturally, return your awareness to the top of your head again, and see if you can allow it to relax just a little bit more now. Imagining a cool, cleansing blue wave, flowing into your body on the inhale, sweeping up any remaining tension throughout your body, from top to bottom, and carrying it all away on the exhale. Simply notice, without judgment, where you feel any resistance, lingering tension or anxiety, and see if you can release just a little bit more on your next exhale.

P3

Allowing your body to relax just a bit more on each easy, natural breath...

Breathing in, and relaxing just a little bit more...

And out, releasing just a bit more tension...

Sensing your entire body, comfortable and warm and relaxed...

Like warm, dripping candle wax, melting, soothing each muscle into a state of complete, safe, wonderful relaxation.

P3

Now that you are completely relaxed and comfortable, continuing to breathe evenly and naturally, and allowing yourself to be guided by my voice. Imagine that you find yourself walking through a beautiful, sweet-smelling green forest, on a perfect day in early summer. The sun filters brightly down through the full, green leaves of the trees, warming your skin pleasantly. The temperature is perfect, warm and comfortable but without too much heat, and the air in this forest is the cleanest, sweetest air you can imagine, refreshing and cleansing, and a soft breeze gently brushes against your face. Take a moment to simply notice the gentle breeze rippling softly against your skin.

P3

As you look around, you can see that all the trees and flowers are in full bloom, delighting your eyes with their lovely shades of green, yellow, purple, pink, white, and orange, and sweetly perfuming the air. There is a bright and cheerful quality to this forest that makes you feel completely happy, and peaceful, and somehow you know that you are completely, utterly safe here, that no tension or anxiety can enter this place, for it is an enchanted haven of perfect calm and tranquility. Here, you are completely free from all your worries, all troubling or nagging thoughts simply melt away from you, for they cannot exist in this place, which is perfectly ordered, perfectly balanced, and perfectly free of tensions. In this place, you, too, feel a sense of perfect balance, a profound harmony with yourself and all that surrounds you.

P3

A cool, clear stream winds its way through the forest, sparkling in the dappled light where the sun catches on the surface of the water, and you can hear the soothing sound of the water as it flows gently and steadily over the shimmering rocks that line the streambed. Take a moment to enjoy the peaceful, soothing sound of the stream, allowing the comforting water sound to bring you to a place of even greater calm and tranquility.

P5

As you enjoy the peaceful, perfect beauty of this place, you suddenly realize that you are not alone, for you look up and see a sweet, calm doe looking at you from between the trees a short distance away. Her eyes are large and gentle, and as you look into the doe's eyes you realize that she is welcoming you to this forest, inviting you to feel at home and to relax in whatever way you please. You realize that she has been waiting to greet you here, and that she is pleased to see you.

P3

As you gaze at the doe, a warm, grateful feeling begins in your heart, and the feeling begins to spread like golden honey throughout your entire being, until every part of you is full of this warmth, it is as if you carry the sun's rays within you, and you can feel them radiating outward from your heart, up through the crown of your head, out to the tips of your fingers, and down your legs and feet. As this wonderful, delightful feeling makes its way into every cell of your body, somehow you know that this is your natural state: warm, comfortable, calm, free of anxiety, completely in balance with all that surrounds you, and that the doe has appeared here, just for you, to remind you of this feeling. Full of this light, golden feeling, you return the doe's gentle gaze, silently thanking her for the reminder. She bows her head to you in acknowledgement, and with a final, kind glance, she turns and bounds off into the trees.

P3

Feeling relaxed, safe, and now welcomed, you spend the next few moments simply enjoying the natural beauty and calm that surrounds you, in whatever way seems most inviting to you, perhaps lying down in the soft, green, mossy grass and gazing up at the canopy of trees above you, perhaps walking among the flowers and inhaling their sweet perfume, or leaning comfortably against the trunk of a wide tree, feeling its strength and permanence supporting your back, or perhaps you decide to take a swim in the crystal clear stream, and find that the clear, pure water is cool and refreshing, but not too cold because it has been gently warmed by the sun, but whatever you do, you know, in your heart, that you are welcomed to do so, and that you are perfectly safe to relax and enjoy the absolute tranquility of this moment, all the while savoring the warm, golden feeling that has filled you up from within.

P15

You're just allowing yourself to enjoy this perfect forest, completely at peace with your surroundings and your place within them. And then, as you gaze serenely into the stream, you suddenly notice that there is something sparkling in the water of the stream, a shining treasure of some kind lodged among the smooth gray stones and many-colored quartz rocks lining the stream bed. You reach into the cool, perfectly clear water and wrap your hand around the sparkling object, and as you do, you suddenly realize that it belongs to you, and that it feels pleasant in the palm of your hand.

P3

Somehow this object, this stone or crystal or gem, this treasure, however it appears to you, holds the same warm, golden sensation that began in your heart while gazing at the doe, and has now spread throughout your entire being. This treasure from the water's depths is made of that same golden stuff, and it gives off that same soothing warmth, like sun-kissed honey, as it rests in the palm of your hand.

P3

And somehow you know that it is yours to take with you, so you place it in a pocket or, if you prefer, continue to hold it gently in your hand, knowing that you are meant to carry this with you, knowing that it is yours, and that you can keep it with you as a reminder of this place, knowing that this treasure can keep you connected with this feeling of peaceful wonder and magic, and that you can return here at any time you wish, because, in fact, this place is yours and yours alone, designed specifically for you, this place of perfect harmony and peace, where anything is possible because your mind and body are at one, free of tension, anxiety, and fear, and suffused with golden calm, at ease; simply, wholly, blessed.

P15

So, now taking your treasure and placing it somewhere safe, you look around and survey the beautiful scene once more, enjoying the warm breeze on your face a moment longer, inhaling once more the fresh, healing oxygen of this place, filling yourself up with it, completely free of worry, of anxiety, tension, or concern, because somehow you understand, for certain, deep within your being, that no matter what happens in your life, no matter how stressful things become, this place exists within you. You know that you can come back here at any time, and that it can never be taken away from you, that this is yours, that it is, in fact, your essential state, a place of peace, calm, serenity, wholeness, and quiet joy.

P5

And then, whenever you are ready, you express a final thought of gratitude to this magical forest, its trees and animals and waters, for having welcomed you here, and knowing that you can return whenever you wish, you turn slowly away from the stream and walk back through the green, sunlit forest, back the way you came, until you reach

the edge of the trees, where they meet an open, golden meadow. Here, the full sun greets you, suggesting the promise of a bright, new day, as you begin your journey back toward wakefulness.

P3

And now, begin to slowly bring your awareness back into the present moment, knowing, as you do so, that you still carry the golden treasure from the forest with you, the gem you scooped out of the water, the jewel of perfect peace and tranquility that you were given. And now you can begin to move your fingers and toes again, gently stretching your muscles, becoming aware of your outer surroundings once more, and beginning to inhale a bit more deeply as your body awakens, just bringing yourself, at your own pace, back into your body, and noticing how it feels now, after having given yourself this well-deserved gift of peaceful meditation, and slowly awakening to the world that surrounds you, to its sounds and sensations, and finally, opening your eyes, feeling renewed, refreshed, wakeful and filled with the memory of your forest, that place of perfect tranquility, which you have just experienced, and knowing, in your very being, that you are better for having taken this time to connect with your own inner peace.

And so it is.

(Several minutes of music should play at the end so the listener can continue to ease gently out of the meditative state.)