



### **Awakening Potential**

#### **A Guided Meditation for Reaching Your Higher Potential**

[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 Awakening Potential. This guided meditation is designed to help you discover and act from your place of highest potential. As you listen, you will engage the natural resources of your own imagination to discover the wellspring of potential that lies within. Because this meditation is designed to create a state of deep relaxation, you should not listen to it while driving. Choose a quiet time and place for this experience, where you can settle your body into a comfortable position, either sitting or lying down.

P3

As you listen, always remember that you are in control of this experience, and that you may stop the meditation at any time, or you may alter my suggestions as you wish to better suit you. With my voice as your guide, you will move through a series of images carefully designed to connect you with the vast possibilities for creativity and achievement that lie within you. Your own inner wisdom may connect you with images from deep within your subconscious mind. Remember to trust whatever arises, without judgment, accepting the natural wisdom of your own imagination.

P5

To begin, situate yourself as comfortably as possible, either sitting or lying down. Find a position that provides support for every part of your body, so that you can comfortably

relax and sink into the surface beneath you. Breathing easily and naturally, allow your eyes to gently close.

P3

Take a moment to move your awareness through each part of your body, beginning with the crown of your head and moving downward. Notice where there is any tension or discomfort, and adjust yourself accordingly. Moving from the crown of your head, see if you can relax a little bit more, and over the muscles of your face and jaw and neck, breathing in deeply, and then releasing tension on the exhale. Breathing in, and then releasing tension, in your neck, and shoulders, your arms, and back, your stomach, hips, legs and feet.

P3

Breathing in, and then releasing, as you slowly move your awareness down over each part of you.

P3

Allowing yourself to sink more and more into a state of complete relaxation, knowing and trusting that you are safe here, that you are fully supported, and can relax as much as you wish.

P3

Just melting into the surface beneath you.

P3

On your next inhale, see if you can gather up any remaining pockets of tension, and slowly release them on the exhale.

P5

As you inhale, imagine a warm, cleansing, blue wave, sweeping through your entire body and collecting all the anxieties, the tensions, and the worries of your day, so that you can breathe them out on the exhale.

P3

Each breath, cleansing and opening you a little more, as you give yourself the precious gift of this moment, a moment for you, to be safely in your body, in your most relaxed and peaceful state.

P5

And now, allowing your breath to return to a natural, even rhythm, simply breathing in and out, gently and evenly, at whatever pace feels right to you in this moment.

P3

Now that you are deeply relaxed and fully present in this moment, see if you can turn your awareness inside, and imagine that you find yourself on a beautiful, pristine beach on a sunny day, feeling the gentle warmth of the sun on your face.

P3

The air is pure and cleansing. The calm, blue-green waters of the ocean stretch out to the horizon, where they meet the pale blue sky, dotted with fluffy white clouds. A perfect beach, on a perfect day, the waves gently lapping on the sandy shore.

P3

And you are just strolling along the sand, enjoying the day at your own pace, in your own time, perhaps leaning down to examine bits of shell or pretty stones in the sand.

P3

And you can feel the warm sand caressing your bare feet, and you know that you are perfectly safe here, and that this place is just for you, a place where you are free to relax completely.

P3

And as you walk along, content and relaxed, appreciating the fresh air and comforting warmth of the sun, suddenly you notice, just at the edge of the water, where the waves lap softly against the shore, a small wooden box, wedged in the sand. And you can see that the waves are almost strong enough to loosen the box from where it lies, half-buried in the sand, but they are not quite strong enough, and the box remains firmly stuck in the sand for now, and so you walk over to the box and pick it up.

P3

And as you hold the box in your hand, you become aware that it is filled with doubts and anxieties, but they are safely locked inside the box and cannot escape into the perfect beauty of this day. And as you turn the locked box in your hands, you realize that it contains your own old fears, your own limiting beliefs, the old habits of thought that create doubt in your mind and prevent you from expressing yourself fully in the world. And you realize, holding this small box in your hand, that you do not have to carry it along, that you can throw it out into the ocean, where it can be received and carried away from you.

P3

So you give yourself permission to release this box, these old doubts and fears, forever, and you lift the box high above your head, and then cast it out into the waves. You see it land in the water, far off in the distance, and you watch as the waves carry it far, far away from you.

P3

And as you watch the box disappear, you are flooded with a feeling of freedom, and an exciting feeling of new possibilities. You understand that you have just freed yourself of the things you no longer need, the nagging doubts and disbeliefs that no longer serve you. Your body fills with a sensation of lightness, and suddenly you realize that you are not limited to standing on the shore, but that you can actually lift off the ground if you wish, and soar, flying, far above the beach, above the blue-green waves of the ocean.

P3

Like a seagull, or an eagle, you can soar up over this beautiful scene and see it from above if you wish, feeling the exhilaration and thrill of flight, of unbounded, unrestricted movement.

P3

And you can dip back down and skim the surface of the waves, trailing your fingers in the salty water, or you can dive deep down underneath the water and see what treasures await you there. And so, for a time, you play with your new powers, knowing that all this is possible, and confident in your abilities, to fly, to dive, or to float along on the waves, relaxed and easy, knowing that this is all for you, and that you are capable of anything.

P3

There is no fear in this place, no judgment, and no limitations, only possibility, here in this place that is yours and yours alone. This place of possibility is your birthright. It belongs to you and can never be taken from you.

P15

And then, whenever you are ready, you can return to shore and stand on your own two feet again, looking out at the beautiful ocean, and giving thanks for the beauty and limitless possibility of this place. And now, knowing that you can return here whenever you choose, you can begin to bring your awareness back into your body in the present moment again.

P3

You can wiggle your fingers and toes, and maybe stretch your muscles as you become more and more present in your body once more. Finally, when you are ready, opening your eyes to all the possibility of the day that lies before you, knowing, as you do, that you are better for having done this.

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