



Healing from Within **A Guided Meditation for Self-Healing**

[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 Healing from Within. This guided meditation is designed to help you awaken your own natural inner resources of self-healing. As you listen, you will engage the profound healing powers of your breath and imagination, bringing together mind and body for a safe, gentle, and effective healing experience. 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 to my voice, always remember that you are in control of your experience, and that you may stop the meditation at any time, or you may alter my suggestions as you wish to better suit you. As you listen, various images may arise from deep within your subconscious mind. Remember to trust whatever arises, without judgment, honoring the natural wisdom of your own mind and body.

P5

To begin, situate your body as comfortably as possible, whether you are seated or lying down. Be sure that you feel supported in your head, neck, shoulders, back, arms, and chest, so that no part of your body feels strained. Breathing easily and naturally, allow your eyes to close.

P3

Now, begin to notice the support beneath your limbs. Bring your awareness to the feeling of support along your spine and, as you do so, allow the muscles of your neck and back to relax. Gently move your awareness along the length of your body, relaxing each part of your body, bit by bit, just breathing naturally and easily for now.

P3

First, gently allowing the crown of your head to relax, and then feeling the relaxation spread down over the muscles in your face, neck, chest, shoulders, back, belly, hips, legs, and feet.

P3

Still breathing naturally and easily, make any adjustments you need to feel completely comfortable and supported in your body.

P3

Take a moment now to accept the feeling of support beneath your body, knowing and trusting that it will not be taken from you. You are free to rest here, firmly supported by the surface beneath you. You are being held safely, and you can relax completely in this safe space.

P5

Now, gently turning your attention to the cleansing flow of your breath, as it moves in and out of your body. Inhaling deeply and consciously, feeling your breath fill your body with new oxygen and, on the exhale, imagining all the stress and anxiety of the day flowing out of you. Inhaling and exhaling, drawing in fresh, clean air on the inhale, releasing worry and anxiety on the exhale.

P3

Inhaling deeply, allowing your breath to gather up any stray doubts or worries wherever they may be, and then releasing them on the exhale, sweeping away any nagging tension with the powerful, healing action of your breath.

P3

Continue breathing gently and evenly, allowing your breath to find its own natural, comfortable rhythm, in and out, in and out. If you sense your mind beginning to wander at any time, simply return your attention to the easy, flowing motion of your breath.

P5

And now, turning your gaze inward, and noticing how your body feels from within. You are simply noticing, without judgment, how it feels inside right now, moving your observant inner eye from the crown of your head, to your eyes and throat, your heart, your lungs, your stomach, the joints of your hips, the muscles of your legs and feet.

P3

Observing whether there is any pain, or tension, or constricted feeling in any particular part of your body, and honoring whatever is there, without praise and without blame, acknowledging that this too, is a necessary part of you at this time.

P3

And now, see if you can bring your inner gaze to the area of your body that feels most central to you today, the part that feels like the core of you in this moment. And it might be your stomach, or it might be your chest in the area of your heart, or perhaps your throat feels central right now, and trusting whatever you decide, trusting whatever comes up for you, just allowing yourself to notice how this particular, central, part of you is feeling right now.

P3

And perhaps it feels tender, or sore, or aching. Perhaps it feels soft and open and relaxed. Perhaps there is a chilly feeling, or a closed-off feeling, or a sensation of cold or heat. But whatever is there, simply notice it, without judgment, and without trying to change it for now.

P3

Now, continuing to breathe gently and evenly, imagine that there is a staircase leading down into this central part of you. It is a beautiful, well-built staircase, perfectly capable of holding you safely. Perhaps it is made of shining mahogany or oak, or perhaps it is a glittering staircase made of shimmering crystal, or a smooth staircase made of cool marble, but whatever it is made of, the stairs are safe and sound, and it they have been built just for you...

P3

...so that you can descend safely down into this central part of yourself.

P3

As you begin walking slowly down the stairs, down into your own center, you can see a warm, welcoming light, swelling up from below.

P3

And as you take one step after another, you are moving toward this warm light that fills this central part of you. With each step, you are coming more and more into your own center, a safe place, a place of light and warmth, a place where you belong.

P5

As you reach the bottom of the stairs, you see before you a beautiful landscape, stretched out as far as the eye can see, and every color is pure and brilliant, a feast for you weary eyes.

P3

And the air in this place is soft and refreshing, and it feels clean and sweet as you breathe it in. You inhale deeply, filling yourself with the healing power of this place.

P5

As you drink in the beauty of this perfect place, with your eyes and lungs and spirit, you become aware that this place has always been inside of you.

P3

It has always been at the core of you.

P3

It is your center, your beginning, your Self.

P3

It is whole, it is complete, and it can never be taken from you.

P3

And as you feel the healing powers of this place, you know that you can return here at any time, because it is yours. It is inside of you, a permanent resource that you carry deep within yourself. And you can come back whenever you choose.

P15

And now, taking a moment to express gratitude for this beautiful, central part of you, and knowing that you can come back here anytime, you begin to walk slowly back up the staircase.

P5

And as you move back up the staircase, imagine that you are returning to your body, more and more with each step, bringing all the peace and healing energy you have discovered back with you, into your day.

P5

And now, returning your attention fully to the present, and becoming more and more aware of your breath as it moves in and out of you, perhaps wiggling your fingers and toes, and stretching your body, slowly open your eyes and return to a state of wakefulness.

P3

Knowing, as you do so, that you have already begun to heal, that you are healing more and more, with each moment, and that you will continue to heal.

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