

Guided Meditation Script.

Relaxation Phase:

“When you are ready to begin, start by getting yourself into a comfortable position that you will be able to maintain for about twenty minutes.

To begin, start by taking three deep slow breaths---pausing after you inhale and then exhaling fully and completely. Imagine that as you exhale you can begin to release thoughts, tensions, even discomforts with the warm breath that you breathe out and away. (pause)

(After these first three slow breaths) now continue to breathe slowly, but naturally. Feel yourself taking another step deeper into relaxation and comfort with every outward breath. As you breathe slowly and naturally, turn your attention to the relaxation that is beginning in your arms and down into your hands. Your arms begin to feel slightly heavier; your muscles feel loose and flexible. Your arms feel slightly warmer, as if, blood and energy can flow more freely and easily all the way down your arms...as if it were flowing down, through wide open blood vessels, and slowly, but freely, pulsing down into the hands and fingers. (pause)

As you continue to breathe slowly and gently, begin to become aware of the relaxation starting down into your legs and feet. Your legs begin to feel slightly heavier; your muscles feel loose and flexible. Your legs feel slightly warmer; the blood and energy can flow more freely and easily, all the way down your legs, through wide open blood vessels and you can feel it slowly but freely pulsing down into your feet and toes. (pause)

Feel yourself beginning to sink back into what you are sitting upon, as the tensions just begin to melt away. Even the muscles of your lower back can begin to relax even better. You can feel the muscles of your back begin to soften or loosen as you slowly breathe away any unwanted tensions. The relaxation can begin to spread to the other muscles of your back, even spreading up into your upper back and your shoulders. Perhaps your shoulders can drop down into a more comfortable position and your neck relaxes, allowing your head to sink back....completely relaxed. Even the muscles of your head and face can relax even better.

Imagine yourself outdoors on a warm and pleasant day. You imagine that you are standing near a pond of water, where the water is calm and clear, and the surface is smooth. You can feel the warmth of the sunlight...If you were to drop a rock or a stone into the water, you could watch as the waves or the ripples spread across the surface of the pond in every direction. And imagine that you can send soothing and cleansing waves of relaxation down from the top of your head, in every direction, to soothe, heal, and cleanse every muscle and cell of your body.

Now, as you watch this pond of water, it can once again become calm and still. The water can begin to settle, to become calm and clear. Even the surface can once again become calm and smooth. You turn away from the pond and follow a pathway that takes you to a perfect place...a place where you can be by yourself, and feel calm and comfortable.

Once you arrive there, you can look around to find the most comfortable place to lay down. As you drift over to that spot, you just sink back into whatever you would be sitting or lying upon. As you settle back, perhaps you can even feel the warmth of the sunlight gently shining down on you. You can begin to soak up the warmth as the tensions just melt away. You hear the sounds that surround you. Like the sounds of running water, or the sounds of birds, or of the warm breezes. Perhaps you can smell the fragrance of salt air, flowers, grass, or of the woods that surround you.”

Contemplation/Meditation Phase:

At this point in the process, the leader guides the participants in their reflection...

Encountering Jesus—realising that Jesus has entered the perfect, peaceful place and participants are led into conversation with Jesus about their life—the emphasis is on listening to what it is that Jesus says in response.

“Jesus has joined you in your perfect, peaceful place—talk to him about the last year, about seeing and responding to the needs of your family & friends and how you have shown the face of Mercy to them. (pause)

“How have you responded to the ‘cry of the poor’ this year? Tell Jesus what you are still worried about and ask him for his help.” (pause)

“How have you responded to the ‘cry of the earth’ this year? Listen to Jesus speak to you about his worries for our planet.” (pause)

“Listen carefully to Jesus and to his words.” (pause)

Concluding Phase:

“Now, it is time to leave your perfect, peaceful place. Know that you can return here any time that you want or need to. Take one final look around the place you are in and then picture yourself standing and moving out of the place, back the way you came. You can begin to see yourself returning to this room, bringing the feelings of calmness and comfort back with you to a more fully waking state. Feel the chair beneath you and slowly awaken, letting the feelings of calmness, comfort, health and joy return with you to a fully waking state.

Take a deep breath, letting the calmness, comfort, and relaxation return with you to a fully waking state. Take another deep breath and stretch, becoming wide awake, feeling refreshed and alert.