

Soulful Meditation script

'The first thing I would like you to do is to find somewhere quiet to sit for the next few minutes, get yourself into a really nice comfortable position sitting down, legs uncrossed, feet on the floor, rest your hands on your lap and 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)

'Anytime 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 to where you feel you connect with your soul and just rest there for a few moments. This may be a particular place in your body, all over or you may just be aware of the presence of your higher sense, a sense of 'knowing' or 'intuition' at a soul level. Don't try to force anything to happen, just allow yourself to connect with whatever comes up, holding in mind yourself at a soul level. You may then choose at a soul level to connect to a higher source whether it is the Divine Source, God, your own personal team of guides, teachers, helpers and angels. Make sure you set the intention to only ask for support and guidance that comes from a loving, positive source which is for your highest good. 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 with your soul.'

(Pause)

'Connecting with your soul, bring up the phrases:

May I live an authentic, heart and soulful life,

may I live a life of ease and grace,

may I be the best version of myself that I can be.

Imagine each of these phrases gently dropping into your soul. 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)

'Remaining connected to your soul, if you so choose, bring to mind a close friend or family member who has shown you unconditional love in your life. Notice any sensations that arise and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to this person, offer them the following phrases:

May you live an authentic, heart and soulful life,

may you live a life of ease and grace,

may you be the best version of yourself that you can be.

Imagine each of these phrases gently dropping into your soul. 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)

'Still connected to your soul, and if you so choose, bring to mind someone who is neutral in your life. This maybe someone you notice when travelling to work, in the supermarket or when you are out walking. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you bring this person to mind and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to this person, offer them the following phrases:

May you live an authentic, heart and soulful life,

may you live a life of ease and grace,

may you be the best version of yourself that you can be.

Imagine each of these phrases gently dropping into your soul. Again, just 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)

'Remaining connected to your soul, the next part is to bring to mind someone who has upset you or caused suffering or discomfort to you. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you bring this person to mind and just accept these as true to you in this moment, without censor or judgement. If this is too difficult, then just bring your awareness back to your breath.'

(Pause)

'If you feel able to continue, when you are ready and feel connected to this person, offer them the following phrases:

*May you live an authentic, heart and soulful life,
may you live a life of ease and grace,
may you be the best version of yourself that you can be.*

Imagine each of these phrases gently dropping into your soul. Just 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)

'Finally, connecting to your soul, and if you so choose, we are going to extend this Soulful Meditation as far as you feel able, to everyone in your street, home town, county, country, the entire planet, universe and creation. This can include all living creatures. Just like you, they too may wish for a calm life, free from suffering and pain. Notice any sensations that arise as you extend your mind as far as you feel able and just accept these as true to you in this moment, without censor or judgement.'

(Pause)

'When you are ready and feel connected to every living being and creatures that you wish to include, offer them the following phrases:

May you live an authentic, heart and soulful life,

may you live a life of ease and grace,

may you be the best version of yourself that you can be.

Imagine each of these phrases gently dropping into your soul. Again, just 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)

'Now for a few minutes, bring your awareness back to your breath and the movement of the breath into and out of your body.'

(Pause)

'And then wherever you are with the movement of the breath, just start bringing your awareness to how your body is sitting on the chair, your feet resting on the floor, your hands resting on your lap. Notice the temperature of the air on your skin..... start wiggling your fingers and your toes..... and in your own time start opening up your eyes, bringing your awareness back into the room.'

Ref:

Dent, A (2019). Using Spirituality in Psychotherapy: The Heart Led Approach to Clinical Practice. Routledge.