

Guided Meditation Script:

Grounding and Cultivating Mindful Resilience

"Find a position that is comfortable for you, either sitting upright with your feet flat on the floor and your spine straight, or lying down. Gently close your eyes or soften your gaze downwards."

"Let's begin by taking three conscious, full, cleansing breaths. Inhale deeply, filling your lungs... and exhale, letting go of any tension you might be holding."

"Again, inhale fully... and exhale, releasing any immediate distractions."

"One last time, a deep inhale... and a slow, complete exhale. Now, allow your breath to return to its natural rhythm."

"Bring your full attention to the feeling of your body. Notice the places where you are supported - where your body connects with the chair or the floor. Feel the **anchor** of gravity holding you steady."

"Notice the rhythm of your breath as it moves in and out of your body. You don't need to change it; simply notice it. The breath is always present, always changing, and always a return to the **here and now**."

"We are here to cultivate **resilience** - that inner capacity to adapt, recover, and grow stronger in the face of challenge."

"Resilience is not about avoiding difficulty; it is the **flexibility** of a strong tree that can bend without breaking."

"Now, gently bring to mind a recent small challenge, setback, or difficulty - something you have already moved through, or a current situation that feels manageable."

"As you think of this moment, notice the physical sensations it creates in your body. Perhaps a tightness in your chest, a knot in your stomach, or tension in your jaw." (*Pause for 15 seconds*)

"Acknowledge these feelings without judgment. They are signals, not sentences."

"Now, consciously shift your attention back to your **centre of gravity**. Imagine a deep, heavy root connecting you from your sit bones or your core deep into the earth. Feel the **stability** and the **unshakeable grounding** beneath you."

"Visualise your resilience as a **warm, golden light** originating from this stable core. With every inhale, this golden light expands, filling your body with a sense of **calm strength and inner resourcefulness**."

"Inhale strength. Exhale the need to control. Inhale calm. Exhale the anxiety."

"Know that this strong, calm, and grounded feeling is always accessible to you. It is your **mindful resilience**."

"When life presents its storms, your mindful practice allows you to notice the wind and the rain without becoming the storm itself. You can **bend and bounce back**."

"Take a final, deep breath, sealing in this feeling of grounded strength."

"Start to notice the sounds around you, the texture of the air on your skin, and the support beneath you."

"When you are ready, gently wiggle your fingers and toes, and slowly open your eyes, bringing your awareness back into the room, carrying this sense of **grounded, mindful resilience** with you into the rest of your day."

"EVERY MOMENT PRESENTS AN AWESOME OPPORTUNITY"