



# Ocean Meditation

*If you enjoy listening to guided meditations, I encourage you to try listening to one in your own voice. Simply use a memo app on your phone to record yourself, then sit down and listen as you meditate. With your memo app recording, slowly read the meditation script below.*

Let your eyes flutter closed.

Take a big deep breath in... sigh it out. Take another deep breath....

Let it go.

Allow your breath to return to normal... taking easy, relaxed breaths.

Allow each exhalation to bring a little more relaxation to your body.

Relax the muscles of your face and your shoulders...

Relax your arms and your hands...

Relax your low back, allowing the weight of your torso

to press your hips down...

Relax your legs and your feet....

*For a few moments, simply sit and enjoy the sense of relaxation that you feel throughout your entire body.*

Soften the muscles of your belly so that your inhalation causes your belly to expand outward, and your exhalation allows the belly to gently contract inward.

Begin to tune in to the movement that your breath brings to your body. Not only is the belly expanding and contracting, but also notice how the rib cage expands and contracts in all directions.

Notice how your shoulders slightly lift with your inhalation and drop back down with the exhalation.

*Continue watching your breath as it flows in and out...*

Let your breath wash over you like ocean waves...

Allowing each wave to carry away everything you don't need...

let it remove negative thoughts, illness, fatigue, and worry.

In their place, let the waves fill your body with a sense of lightness, peace, health, happiness, and fulfillment.

When you are ready, take a big breath in and sigh it out.

Take another breath in and as you exhale,

tilt your head down and slowly open your eyes.

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