

Mystical Mindfulness Meditation Script

(Before you enter into this mindfulness practice, find yourself in a comfortable seated position. If you are choosing to sit in a chair, uncross your legs and place both feet on the floor. Gently move your body as needed to increase your comfort level. Once you settle in, take a deep breath in... and a long exhale, closing your eyes. If you prefer, you may assume a soft gaze.)

Grounding into Presence

Relax into this moment, feeling gravity's pull as the weight of your body makes contact with the ground below you. Draw in another deep breath and exhale with a whispered "ahhh," allowing yourself to fully drop into this moment. Repeat this breath once more... Inhale deeply... and exhale completely.

As you arrive more fully in your body, take a moment to acknowledge it. Should you notice any sensations, simply take note. You might even whisper within, "Hello, body. I'm here with you." Your body has served you well—it carries you through this life. Now, give it your full attention. There is nowhere to go. Nothing to do. Just be.

(Remain quiet for 30 seconds.)

Now, as we deepen into this practice, begin by following your breath. Each inhale and exhale. There is no need to change anything—simply observe the natural rhythm of your breath. Be with the rising and falling of your belly.

If it feels right, place one hand on your belly to feel this movement, this life force within you. Notice the air passing through your nostrils... in and out... in and out. Be with your breath.

(Remain quiet for 60 seconds.)

Connecting to the Earth & Releasing Unwanted Energy

Now, bring your awareness to your feet. Imagine roots growing from the soles of your feet, reaching deep into the earth beneath you. Sense into this foundation, this connection to something ancient, steady, and unwavering.

With each breath, these roots lengthen and strengthen, drawing nourishment from the earth while releasing any stagnant energy, any thoughts or emotions that no longer serve you. If your mind begins to wander, gently return to your breath.

(Remain quiet for 30 seconds.)

Scanning the Body, Awakening Inner Awareness

From your feet, shift your awareness up through your legs, scanning from your toes to your calves, to your thighs. Notice any sensations, images, or feelings that arise. Whatever you experience is perfect in this moment. And if you notice nothing, that too is perfect.

Moving now to your torso, center your attention on your belly. Your gut is a sacred space of deep knowing, a source of wisdom that speaks to you daily. Place your hand over your belly and simply listen. If any images, voices, or sensations arise, be with them. There is nothing you need to do—just receive.

(Remain quiet for 30 seconds.)

Now, bring your awareness to your heart center. If it helps, place your hand over your heart, feeling its steady rhythm. Your heart, the keeper of love, intuition, and truth. Listen within. Listen deeply. Allow any insights, emotions, or memories to surface. If your mind drifts, gently bring it back to the rhythm of your breath.

(Remain quiet for 15 seconds.)

Expanding into the Mystical

Now, shift your focus to the crown of your head, the gateway to divine wisdom. Imagine a soft, golden light above you, as vast as the sky. This light is limitless, like the infinite potential within you. With each inhale, feel yourself expanding into this spaciousness. With each exhale, surrender into peace.

Now, imagine yourself standing at the edge of a cosmic ocean, the stars shimmering above, their light reflecting upon the waves. You step forward, and rather than sinking, you float effortlessly. This ocean is consciousness itself, an infinite sea of wisdom, and you are one with it.

A voice—perhaps a guide, an ancestor, or your higher self—whispers to you through the wind: *"You are the breath of the universe. You are the pulse of creation. There is no separation, only oneness."*

Feel this truth resonate within you. You are not alone. You are deeply connected to the great mystery of existence, to the divine intelligence that moves through all things. Allow yourself to receive any insights, images, or feelings that may arise.

(Remain quiet for 60 seconds.)

Returning to the Present

Slowly, the vision of the cosmic ocean fades, but its energy remains within you. You are now more present, more connected, more in tune with the sacred rhythm of life.

Bring your awareness back to your body, feeling the gentle rise and fall of your breath. Wiggle your fingers and toes, anchoring yourself in this present moment.

When you are ready, take a deep breath in... and as you exhale, gently open your eyes. Pause for a moment and take inventory of how you feel. If any insights, images, voices, or emotions arose, acknowledge them with gratitude. Carry this peace, this connection, and this sense of wonder with you as you move through your day.

Closing Affirmation:

"I am grounded. I am connected. I am infinite. I walk in presence, guided by love and wisdom."