



Some precautions *before* Meditation

Before we begin there are some precautions to be mindful:

- This meditation is not intended to be a substitute for medical attention or other health related therapies.
- There may be times during deep meditation when strong, unpleasant memories of the past or present and begin to bubble to the surface. Please contact a health professional who can assist you with resolving these issues.
- If you're meditating to relieve yourself of aches, pains and other health symptoms that persist, please seek the advice of a medical doctor for treatment.
- Something I've come across many times is that when highly stressed individuals meditate and allow themselves to totally relax, it's possible they will find themselves not only extremely tired but also wake up the following morning with a dose of the flu, bad colds or other ailments. Not being a medical professional I'm unable to substantiate the above, this is merely from my observation and feedback received from others over the years.



Do not drive or operate machinery whilst listening to your meditation recording, or any other meditation audio.

There are many times in life when we need to be fully alert and prepared for surprises, driving and/or operating machinery are such times!

RELAXATION MEDITATION

By ©Michaela Scherr

It's time to sit down now and close the door to the outside world for a little while as you take some precious time to enjoy, relax and refresh yourself from the demands of daily life.

Move in your seat until you reach a level of comfort you're happy with, making sure your back is fully supported.

Now, take a slow deep breath using your diaphragm muscle and exhale slowly through slightly parted lips. As you do this, focus on your outward breath as it passes between your lips.

Continue slowly breathing in, and out and relax further and further noticing how the muscles around your neck, your shoulders, your back, all the way down to your toes are relaxing nicely and easily.


I'd like you to now imagine a ray of blue-white light coming down from above your head. Notice this light come down over and through the top of your head all the way down to your toes. This is a healing light which can help you to relax and refresh yourself even further.

Every muscle that is in need of releasing tension can do so now easily, comfortably and safely, for how could it not?

The brilliant blue-white light continues to shine through you and around you moving smoothly through your arms, your hands, and fingers. This light also moves through your legs, feet and toes, and into the ground, releasing tensions and concerns that you are aware of, noticing your muscles relaxing easily, letting go easily and willingly.

As you continue to be aware of this brilliant blue-white light washing through all parts of you, you know how much better the feeling is as all parts of you are revitalised, rebalanced, and relaxed and how much clearer everything is to you now.

You decide how much and as much as you want it to be like that.



Now that you are beginning to notice how refreshing and relaxing this is, imagine a container there in front of you. This container is made of gold or maybe you would like to choose something different. It has been placed in front of you so that all your worries and concerns can be placed inside this container and be converted into something of a positive nature of your choosing.

With every outward breath now, imagine all your concerns and stresses such as issues of a personal or work nature, or any negative thoughts or feelings be released easily, comfortably and safely be placed into this container to be converted into something of a positive and helpful nature.

When you are ready, notice this gold container gently moving upwards where its contents will be converted into positive healing energy.

Again become aware of your breathing, and as you do so slowly start to bring back your awareness and focus to your immediate physical environment and feel how easily you return to your seat, feeling relaxed, refreshed, rebalanced, and ready for another day, fully awake and alert.

Have a really big stretch and a yawn now as you fully return to the present moment safely, as you gently wriggle your toes and touch your nose, bringing your awareness fully back to the physical world finding yourself fully awake and alert ready for another day.