

Download Guided Meditation Script

Guided Meditation Script "Peace, Tranquility and Healing" This brief guided meditation script will guide you through a very healing visualization process. This Guided Meditation calls upon a divine white light for continual protection and healing for yourself and your loved ones. By accepting the white light into your heart, your mind, and your understanding, you are connecting with the deep rich source of all life and all love. Guided Meditation Script A Mountain Meditation Sit with a straight back, your head held erect on your neck and shoulders, allow the shoulders to fully relax. And place your hands on your knees. Close your eyes and bring your attention to the flow of your breathing. Feeling each in breath and each out breath. Just... Using A Guided Meditation Script for Peace and Tranquility. Guided Meditation Script. Use this free guided meditations outline and guided meditation script to experience a deep feeling of peace, tranquility and transcendence.