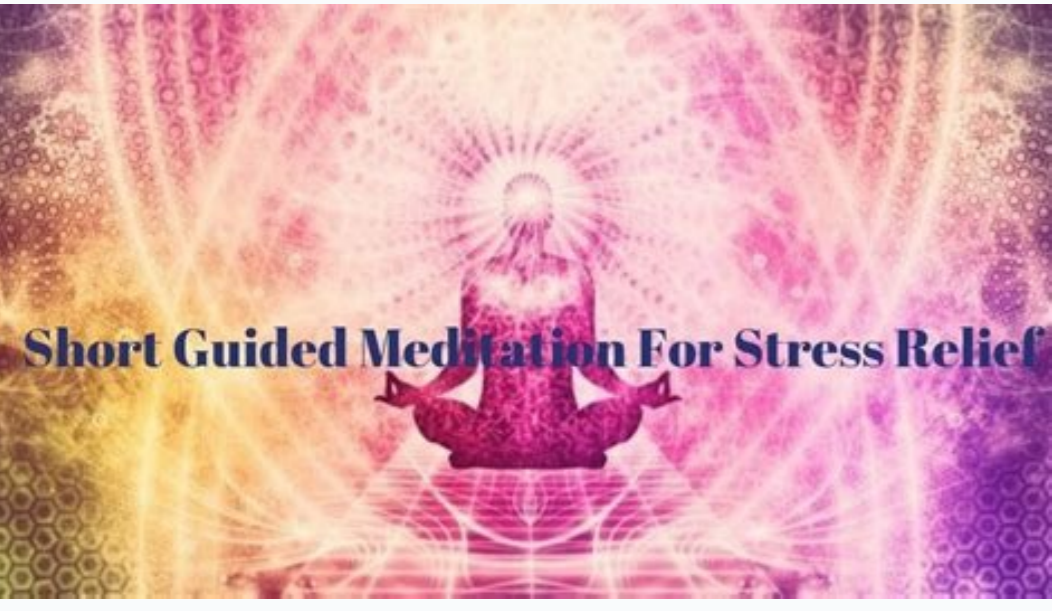


Guided meditation for stress relief and healing

Continue

MEDITATION FOR STRESS RELIEF



LINKS DISEASES
LEFT ARMPIT - INNER SIDE

TRADITIONAL ACUPUNCTURE PRESCRIPTION

Connects with the spine C6-C7 (p. 94), T1-T2 (p. 97) from the pattern B6A and MC on the left side. In the main procedure work on the line of points C4, C5, C6, C7 and the point P7 on the left side.

MC 5, MC 6 - see p. 102

C4-C7 - connect on the line of the right finger in an area with depth - thumb and a nail - from the wrist. MC. They are named by their location.

P7 - see p. 117

LEFT ARMPIT - INNER SIDE
Connects with the spine: C6-C7 (p. 94), T1-T2 (p. 97)

MAIN SYSTEM - SECONDARY ZONE

MAIN SYSTEM - PRIMARY ZONE

RIGHT HAND

LEFT HAND

MAIN SYSTEM - SECONDARY ZONE

MAIN SYSTEM - PRIMARY ZONE

RIGHT FOOT

LEFT FOOT

PRIMARY ZONES
LEFT HAND AND FOOT
SECONDARY ZONES
RIGHT HAND AND FOOT
ON LEFT SIDE ON ALL FEET



MEDITATION GUIDE

FOR BEGINNERS

FIND A QUIET AND CLEAN PLACE TO MEDITATE.

Once you find a place to meditate, either sit in a chair with your feet flat on the ground or sit comfortably on the floor. If you choose to sit on the floor, try crossing your legs and letting your hands rest on your legs. Either way, remember to sit up straight.



CLOSE YOUR EYES AND BEGIN TO FOCUS.



First, take a minute or two to listen to the sounds around you. Can you hear birds chirping outside? Cars driving by?

Then, move your full attention to your body. Focus on your shoulders, hands and feet. Think of them as weights and let your body feel that weight. Spend another minute or two focusing solely on the body.

Next, let your mind wander. Spend the next minute thinking positive thoughts.

BREATH

Keeping your eyes closed, shift your attention over to your breath. Inhale through the nose and exhale through the mouth.

After a few breaths, begin counting. Every time you inhale and then exhale that counts as one. Count up to 10. If your mind starts wandering and you lose count then simply start over.

Once you feel calm and ready to take on the day, slowly open your eyes.

Tricks for stress relief. Relaxation guided meditation for stress relief and healing. Meditation for stress relief in hindi. Ways for stress relief.

On this page you will find an ever expanding range of free guided meditation scripts to read, and to use as a source of inspiration to help you write your own script. You can also find some lovely free relaxation scripts here. Please note that you cannot use any of these free scripts to create your own recordings or videos. If you are looking for scripts with a royalty free license please click here. Want to create your own guided meditation? You'll love this article on how to write a guided meditation script, and this series of tips and techniques on how to create a guided meditation audio production. Free Meditation Scripts to Read The Forest Speaks This guided meditation script takes the listener on a soothing mind journey. Perfect for general relaxation, and sometimes used as a wind-down visualization after a yoga class. Wishful Thanking Living Rainbow Meditation and Pot of gold Visualization This is an excellent script for achieving total body mind relaxation, for opening the chakras and guiding the listener to experience gratitude and abundance. Peace, Tranquility and Healing This brief guided meditation script will guide you through a very healing visualization process. You can use this meditation script to experience a deep feeling of peace, tranquility and transcendence. Sit comfortably erect, without leaning forward or backward, left or right. Close your eyes and think thoughts of good will. Thoughts of good will go first to yourself, because if you can't think good... Body Awareness Meditation Begin this body awareness meditation by assuming your usual position for meditation. This could be either seated or led down, whichever you prefer. Once you are settled and comfortable... The Kingfisher Take 3 deep long slow breaths. Relax the whole of your face, your eyes, the space under your eyes, your cheeks and jaw. Allow your tongue to rest gently in your mouth... Ribbons of Healing Light Make yourself comfortable either sitting or lying down. Move around as much as you want to until you feel settled. During meditation don't be afraid of moving... Letting go of work/home stresses I would like to welcome you to today's meditation session The purpose of this session is to re-energize...to re-focus...to re-center yourself... Radiant Being As you settle down, find the most comfortable position. Take a deep, relaxing breath in...gently, and slowly exhale. Another deep breath in, hold it for four counts... Angel Healing Meditation Please begin by taking everything off your laps. Find a comfortable position and close your eyes. Take a deep breath in through your nose and exhale through your mouth slowly... Gently Down The Stream Get in a relaxed position. If you are seated have your feet flat on the floor and hands up to the universe on you lap. Let the "white light" start at your toes going up your calves... Bluebell Wood Meditation Your journey takes you into the world of mystique and enchantment - make sure you are sitting comfortably for this meditation journey into Bluebell Wood... Forest Waterfall Get as comfortable as you can in your chair. Let your hands rest loosely in your lap. Close your eyes and take a deep breath in. Hold it for a moment. Then let it go completely... Trust Walk a Path to Freedom and Self Love Now imagine yourself going on a trust walk, a trust walk to freedom and self-love. This is a walk, a walk of getting to know yourself, loving yourself... It's Like This - Mindfulness Meditation So lets begin by taking a few moments to simply settle in. Settle in to this moment...into this space...allow yourself the opportunity to be here. For the next few moments you are engaging... Healing Guided Meditation Sit or lie in a comfortable position. Allow your body to relax & be still. Allow the muscles to soften & lengthen. Notice any sensations that arise anywhere in the body... The Hammock Rested and comfortable - you take a long, deep inhale of fresh clean air and your head turns up to greet the sun. The sky is a beautiful, rich shade of blue and the white clouds... Heart Breath Lie down on your back in a comfortable position (Savasana). Close your eyes and relax. Soften your belly and take a slow breath in and a long breath out. Notice the gentle rise and fall... Guided Loving-Kindness - Buddhist Meditation Let us be composed, sit comfortably in an upright posture with a sense of dignity and grace. Gently close your eyes. Allow your body and mind to relax and be at ease... Acknowledge All Awareness Please sit comfortably and place your intentions to withstand a period time sitting in the present while acknowledging thoughts that come and go during meditation... Coastal Path Meditation I am going to take you on a journey to a place that you have never been to before. It is a beautiful location that is new to you. I want you to imagine yourself on a coastal... Stillness and Centered Meditation As you gently close your eyes and sit in silence, be aware that this moment is a sacred moment for you. Time will slow down and the past and future are not so important... The Ocean Close your eyes and settle into your breath. Place one hand on your belly, the other on your heart and become aware of your body rising with each inhale and lowering with every exhale... Flowing Stream Meditation Please close your eyes and breathe in and out slowly and deeply 3 times. Now imagine a golden light, a warm, thick golden light streaming down onto your head. Feel this golden light... Under Waterfall Imagine that you are under a waterfall but this waterfall doesn't bring water but it brings a stream of light. It's nearer to your head it, then it reaches your head. It enters your skull to fill... Bliss For Your Brain During the practice of yoga nidra, consciousness fluctuates between the states of introversion and extroversion. It swings sometimes to the outside world through the senses... Free guided meditation download How to create a guided meditation - the full story How to write a guided meditation script Keep Exploring... We independently research, test, review, and recommend the best products—learn more about our process. If you buy something through our links, we may earn a commission. Let's face it: Finding peace and calm in the chaos of life can be a real challenge, especially when you're trying to balance work, social obligations, family, and personal life. That's where guided meditation can help. In as little as 10 minutes a day, you can develop a meditation practice that fits your schedule and gives you the space to relax both your mind and body. The benefits of meditation extend far beyond relaxation. In fact, a regular practice of meditation could help reduce anxiety, depression, insomnia, general pain, and high blood pressure. And the best part? It's safe, accessible, and fits easily into your day. And don't worry about sorting through thousands of YouTube videos and websites to find one to try: We did the busy work for you. Here are our top picks for guided meditation. Sign Up Now Key Specs: Cost: Calm offers a 7-day free trial with an annual membership for around \$70. Or, if you want meditations for life, you can pay about \$400 for indefinite access to the app.Features: Calm background waves, individual exercises. Why We Chose It: Calm is a quick and easy meditation for anxiety through a flexible app. Pros App offers more individual exercises Less structured Levitt's class gets right to what helps anxiety Calming waves in background Simple to follow Cons Need a subscription App isn't the most intuitive If you live with anxiety, adding one more thing to your day is enough to trigger thoughts of worry, stress, and panic. The good news? Calm offers a meditation from Tamara Levitt that only takes 10 minutes. This meditation is perfect for a morning routine to help prepare your mind for the day ahead or at the end of a hectic day to help ease stress and anxiety. At the start, you'll get right into body awareness and deep belly breathing. Then, you'll focus on calming racing thoughts. She often pauses to let you just focus on breathing (while listening to waves), which can be difficult for someone with anxiety. You might notice thoughts arising about the past, the future, or something you should have said or done. Her advice? Don't make an effort to look for thoughts, but when they arise, simply notice them. Pay attention to whether or not they have a charge. Then, focus on letting the emotion come and letting the emotion go, just like the breath. The simplicity of this guided meditation is one of the reasons it made the list. Calm offers a seven-day free trial with an annual membership for around \$70. Or, if you want meditations for life, you can pay about \$400 for indefinite access to the app. Feeling anxiety? Online anxiety support groups can help. Sign Up Now Key Specs: Cost: All of the meditations are free, but Brach asks for donations to make them as widely available as possible.Features: Website with video classes. Why We Chose It: We chose Tara Brach because the meditations are guided by a clinical psychologist and are peaceful and cathartic. Pros Guided meditations Has a therapeutic slant Several categories to choose from Meditations are free Cons Not the most user-friendly website Not best for beginners If you're looking for a deeper practice that also feels like you're getting a dose of therapy, then Tara Brach is for you. With a Ph.D. in Clinical Psychology, Brach will guide you through a peaceful, yet cathartic, meditation that helps you discover how self-compassion can relieve emotional suffering. There are four meditation categories to choose from: Basic, Heart, Open Awareness, and Special Meditations/Reflections. Pre-recorded meditations include Relaxing Back into Natural Awareness, A Calm Refuge, Touching Peace, Embracing Life with an Open Heart, and more. Some meditations feature guidance with just a few silent pauses, while others feature gentle rain or birds singing in the background. They range from around 10 to 40 minutes, on average. All of the meditations are free, but Brach asks for donations to make them as widely available as possible. Want to find some inner peace? There are many online therapy services to help you. Sign Up Now Key Specs: Cost: Headspace offers a two-week free trial. An annual subscription is about \$70 and a monthly membership costs around \$13.Features: User-friendly app with guides for beginners. Why We Chose It: Headspace has a user-friendly interface with hundreds of guided meditations from beginners to experts. Pros User-friendly app Guided for beginners Cues to cope with external sounds 100s of meditations to choose from Cons Membership is a bit expensive Not great for the less tech-minded Trying meditation for the first time can be intimidating, especially if you have no idea what to do. The good news? Headspace co-founder Andy Puddicombe talks you through the entire technique. You will learn to do deep breathing, in through the nose and out through the mouth. He walks you through how it should feel throughout your body and what you should be noticing about your breath. At the same time, he will also help you find where in the body you feel your breath and the rhythm of your breath (long, short, deep, or shallow). Headspace provides helpful cues for when external sounds appear. It's amazing what you hear going on around you when you quiet your mind and body. This is an excellent reminder of the simplicity of the practice. You can choose from a variety of

meditations based on your needs and focus on the practice. Headspace offers a two-week free trial. An annual membership costs about \$70 and a monthly membership costs about \$13. Sign Up Now Key Specs: Cost: This meditation, as well as Clarke's other offerings, are free and available on YouTube.Features: Calming imagery and background sounds. Why We Chose It: The Honest Guys offer free, simple meditations with breathing techniques to help quell anxiety. Pros Soothing guide and background sounds Reassuring for anxious users Calming imagery Free Cons Only one video A bit generalized Like many others who swear by this guided meditation, Rick Clarke's voice is alluring because it isn't distracting. He begins with deep breathing and points out that thoughts of anxiety and stress are common. By asking you to follow or pace your breath with the sounds of the waves, the meditation becomes very calming. You could easily apply this slow breathing technique to life when having a panic or anxiety attack. While listening, you'll find that your mind begins to quiet. The key to success with this guided meditation is to allow yourself to be in total peace with your surroundings. As you feel more relaxed, Clarke counts down from five to zero, and each number takes you deeper into relaxation. At the eight-minute mark, you'll notice the addition of chimes and he stops talking. This allows you to focus on your breath while calming your body. As the chimes fade out and the only sound you hear is the waves, you have the option of drifting off to sleep, continuing in this deeply relaxed state, or resuming your day. This meditation and Clarke's other offerings are free and available on YouTube. Sign Up Now Key Specs: Cost: Bernstein offers free meditations that you can get when signing up for her email list. Her meditation albums cost around \$10 to \$12.Features: Upbeat music, short meditations. Why We Chose It: We selected Gabby Bernstein because the meditations are great for active individuals who want to turn exercise into more of a mind and body experience. Pros Combines exercise with meditation Guided meditation helps connect mind and body Upbeat music Free meditations Short and sweet Cons Have to sign up for newsletter for free meditations Not traditional meditation Cost: Bernstein offers free meditations that you can get when signing up for her email list. Her meditation albums cost around \$10 to \$12. Walking meditation has gained popularity over the last few years as more people are trying to find ways to squeeze in some relaxation time for their mind while exercising. If you're new to the idea of moving while meditating, the short intro from Gabby Bernstein is a great place to start. During the six-minute recording, you'll focus on each step and how it connects to your breath. Her voice is very upbeat, which is helpful since you're walking and not trying to fall asleep. The overall goal of the meditation is to help you understand how to connect your mind with the body. After a few minutes of breath-work, she asks listeners to repeat a simple mantra while walking: "My happiness is a choice I make." Whether it's her voice or the beat of the music, this guided meditation will empower you to take action as it calms, eases stress, and helps you focus on your breath. Listen to this meditation each time you go for a walk; you'll be amazed at how it changes your perspective on exercise. Bernstein offers free meditations that you can get when signing up for her email list. Her meditation albums cost around \$10 to \$12. Sign Up Now Key Specs: Cost: Stephenson's recordings are available for free on YouTube, and you can subscribe to his email list for other free sleep meditations.Features: Calming guide voice and music. Why We Chose It: Jason Stephenson offers a super relaxing guided meditation designed to help you get to sleep by guiding you through the seven chakras. Pros Calming guiding voice Gentle music Helps target and release tension Free Learn about chakras and alignment Cons Only one readily available meditation Have to subscribe to email list for more Many of us struggle to turn off our thoughts at night, which can interfere with sleep. Listening to a guided meditation before bed can help break this cycle of worry. These meditations work best if you get into a position where you can go to sleep (aka your bed). You'll begin by taking an inventory of the tension in your body. With your breath, you will free the tension and mental and emotional stress. As this happens, your consciousness will shift from thoughts to healing. For the remainder of the meditation, Jason Stephenson will guide you through the seven chakras, or energy centers in your body. You will understand what parts of your life need energy healing. Stephenson's voice, along with the gentle piano music, will help you release stress while sinking into your mattress. Stephenson guides you through each chakra, asking you to notice how it looks, feels, and if you have felt any discomfort (physical or mental) in this area. Stephenson's recordings are available for free on YouTube, and you can subscribe to his email list for other free sleep meditations. Sign Up Now Key Specs: Cost: Free. 7-day trial. About \$100 annually.Features: User-friendly app and website Why We Chose It: We chose Ten Percent Happier because it offers beginning guides for people who aren't sure about meditation. Pros Simple beginner guides for the less meditation-inclined Good for sleep and stress Experts available for questions Hundreds of meditations available Easy to use Cons Above average membership cost If you've convinced yourself meditation isn't for you, because you can't focus, or you're skeptical of anything related to Eastern ideology, Ten Percent Happier will speak your language. It's specifically marketed to "fidgety skeptics," especially beginners who need more of a guiding hand. The app came out of the New York Times best-selling book of the same name, and offers a number of expert guides who can walk you through all the meditation basics. If you have questions, the guides will even respond to you personally. It has hundreds of meditations that can help you sleep better, cope with anxiety, or find ways to be a little calmer, and yes, happier. And the premium version has even more. There's also an informative podcast and newsletter. Guided meditations can be helpful for a wide array of people, from first-timers, to meditation skeptics all the way up to seasoned experts. Whether you're new to meditating or not, a guiding voice is sometimes your best way in when it becomes difficult to shut out the noise of the busy world around us. While all these meditations are useful, our top pick is Calm. Calm is incredibly user-friendly, offers the widest variety of guided meditations for every experience level, even short, targeted meditations for those anxiety emergencies. This is the sort of guidance you want when stepping into unfamiliar territory, aka your quiet mind. Best Guided Meditation Cost Features Calm Best Overall Annual membership is \$70. Meditations for life is \$400 Flexible app with short meditations Tara Brach Best for Deepening Your Practice Free or donation-based Website with video classes Headspace Best for Beginners Annual membership is \$70 and monthly membership is about \$13 User-friendly app interface The Honest Guys Best for Relaxation Free Youtube video with music Gabby Bernstein Best for Walking Free or \$10 to \$12 for an album Blog with videos Jason Stephenson Best for Sleep Free Youtube video Ten Percent Happier Best for Skeptics \$100 Annually User-friendly app and website Meditation is a mind and body practice that can help you focus on your breath, find clarity, develop concentration, and enhance emotional positivity, which allows you to remain in the present moment. Meditation focuses on the interactions among the brain, mind, body, and behavior. Through practice, you will move into a peaceful and energized state. This empowers you to observe your thoughts or feelings without judging them. The benefits of meditation can come from practicing only a few minutes a day. When it comes to different types of meditation classes, there's definitely not a shortage. Other than choosing between a guided and unguided (silent) meditation, the next step is to determine the type of meditation you want to do. Some of the more common types of meditation classes include: VisualizationLoving-kindnessReflectionZen Transcendental Chakra GazingBreathing YogaMindfulnessVipassana (self-transformation)Walking Many guided meditation classes that made it into our top picks are available for free, but services like Headspace and Calm offer memberships in addition to free trials and select meditation recordings. The cost of in-person classes can range from \$20 to \$150, with an average of around \$55 to \$60 per class. This depends on the length of the meditation and experience of the instructor. You can also download meditation apps, which range from free to \$15 per month. In general, this fee gives you access to guided meditations, deep breathing exercises, and self-guided recordings. The advantage to guided meditations is that the narrator or teacher walks you through how to meditate, what to expect from your mind and body, and how you can apply what you learned in the meditation to your life. If your mind tends to wander during meditation, the guidance of an experienced teacher can help you focus and bring you back to the present moment. For starters, we looked at guided meditations only, which are led by a teacher via video, audio, or both. The overall pick and the best meditation for beginners scored high points in the guided department. Our writer tried each meditation video and service and provided feedback based on her experience. Rounding out the criteria, we considered online reviews and YouTube comments posted below each meditation video. Tara Brach's meditations have rave reviews on iTunes and the Honest Guys meditations have been viewed over 300 million times. Additional reporting by Ally Hirschlag. Vervwell Mind uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. National Center for Complementary and Integrative Medicine. "Meditation: In Depth." Updated April 2016.

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