Protective Light Guided Meditation Script

Find a relaxed position where you are. If your camera is on, feel free to turn it off if that’s more comfortable. You can choose to close your eyes, or just lower your gaze downward, whichever is more comfortable for you.

To begin let’s all take a deep breath in, and as you exhale, let the tension start to leave your body, continuing to take slow, calm breaths.

Mentally scan your body, taking note of how your body feels in this very moment. Focus in on the areas that feel tense or uncomfortable, and concentrate on relaxing those areas.

Feel your body becoming more relaxed..... slowly releasing tension..... letting go of stress....

As you relax the body, I want you to visualize a protective light.

Imagine that there is a protective light shining around your body, almost as if you are glowing. This light can keep you safe right now from stress, tension, worries, and other problems that have seemed to bother you.

Picture in your mind being surrounded by light... It may be warm... it may be cool. However it glows, Feel how calm, and secure you feel as this protective light surrounds you.

The light is like a shield, deflecting anything that is not good. It is like armour that can protect you and help you to feel completely at ease.

Imagine your body being surrounded by your protective light.... from your head to your feet.....

Turn your attention to your feet.... Let the tension go... feeling how relaxed and maybe even tingly your feet feel. Notice that your feet are surrounded by your protective light..... Allow this light to move upward, to your ankles....and lower legs.

Feel your lower legs relaxing, surrounded by light..... soft.... heavy..... relaxed.

Now your upper legs are relaxed and surrounded by light too..... very warm and completely at ease.

Allow this light to support you, giving your legs much needed rest from their daily task of keeping you grounded.
Now, turn your attention now to your hands..... feel the tension leave as your hands become relaxed.... limp..... heavy...... along with your wrists, and arms.... all surrounded and protected, shielded by protective light.

Feel the light move inward. relaxation in the core of your body... starting at your stomach... and flowing outward.... feel the light flowing from the center of your body, out to your back.... chest..... hips..... illuminating your body. Now your whole being is enclosed in a shield of glowing light.

Allow the calming sensations to continue to flow through your body, upward to your neck and shoulders.... all the way to the top of your head. Feel your face relaxing.... Letting go of tension, .... the protective light glowing warmly on your face, your whole body....

You are surrounded from head to toe in your light.... shielded from any worries or troubles.

.... basking in protective light.

(pause)

Notice that there might still be some areas of tension in your body.... some worries remaining in your mind. You might even be able to picture these areas of tension as dark. Envision the dark tension being drawn out of your body by the protective light. Feel the worries and stress leaving your body and mind as they are banished from your body.

This protective light is like a magnet, drawing the dark tension out of your body and away... repelled by the light once the tension has left your body it is gone and unable to return, due to your glowing shield, which protects you from anything that is not good.

The light also works as a magnet for good, peaceful thoughts.... attracting harmony to you.

Feel the protective light drawing away tension, and bringing forth relaxation..... shielding and protecting you, while helping you to feel even more at peace.

Enjoy this feeling of being safe and protected by your shield of protective light.

(pause)

You are calm..... peaceful.... Relaxed...... safe.

(pause)

Now it is time to return to your day. Remember that you can imagine this protective light again, any time you need to, and can repel stress and tension and restore yourself.
Focus again on your breathing.... taking a deep breath in..... and out....

Now turn your attention to your body reawakening. Gently move your body a little, feeling your muscles waking up. Stretch a bit if you like.

Allow your mind to become fully awake and alert, while still feeling relaxed.

When you are ready, open your eyes and look back at the group.... fully awake, energized and calm. If your camera is off, and you’d like to turn it back on, you may do so now...