

HOW TO CREATE YOUR OWN MEDITATION



1 INTENTION

This is your prep work.

- What is the type of meditation you wish to write? Relaxing, Energizing, Releasing, Inspiring, Healing, etc.?
- Have a topic, goal, a desired outcome for your meditation.

2 ACTION

Create a draft. Start with a few ideas.

Start Writing your Script. Just start (no excuses)

- Intro. Your opening: Grounding, breathe, relax, get comfy.
- Create a safe place to release the negative stuff that doesn't serve you anymore.
- Align and balance Chakras to clear energy. Be present. Be aware.
- Pivot into Power. What do you need to change? What's the spark, the catalyst that will create THE change? In your being? In your energy?
- Goal(s) – A clear vision of your desire. How does it makes you feel?
- Invite new energy, values, qualities to achieve goals. Emphasize the positives.
- Affirmations - to deepen the results of the desired effect.
- Closure - Wrap up thoughts, resolutions, commitment.
- Possible mantra like I am Love, Amen, Namaste repeated a few times, softly.
- Come back to here and now... feeling great!

Read it out loud

- Be authentic and emotional... not perfect.
- Listen to some background music to match the feel of the words.
- Try different tempos and styles or create your own.

3 REVISE

Tweak if necessary.

- Check the grammar.
- Try it out... on a friend ... or maybe it's just for you.
- Do the words match the feeling? How is the cadence and flow?



4 MEDITATION

Record it.

- Record onto your phone or computer.
- Test your voice and music levels.
- Start reading your meditation as if you are speaking to a good friend.
- Label and save your audio file. Back it up ASAP!!
- Listen to what you have created. Smile.

