



## Guided Meditation Shared in Session:

### Step 1: Settle In (~30 seconds)

“Take a comfortable seat, feet grounded. Eyes can gently close or stay soft-focused. Notice your body. Feel your weight in the chair, your feet on the floor. Just take a moment to land here, in this room, in this breath.”

### Step 2: Breath Awareness (~1 minute)

“Now bring your attention to your breath. Just follow the natural rhythm of your inhale... and your exhale. If your mind drifts, that’s okay, just notice, and gently return to the breath. With each exhale, allow a little more tension to leave the body.”

### Step 3: Compassion Commitment (~1 minute)

“Now bring to mind a word or phrase you want to carry forward, something you need more of: calm, strength, grace, patience, hope. Inhale and say the word to yourself. Exhale and release something that no longer serves you. This is your personal recharge. It’s always available to you.”

### Step 4: Re-Entry (~30 seconds)

“Begin to bring your attention back to the room. Wiggle your fingers, roll your shoulders. Take a final breath in... and out. When you’re ready, open your eyes.”