

# Guided Breathing Meditations

by Gale Lyman, RN, BSN, HNB-BC

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## **About guided meditation**

*These are guided breathing meditations. The intention of these meditations is to offer you an opportunity for relaxation. They are provided only for your personal use.*

## **Cautions**

*In addition to the safeguards within the meditations, here are additional **safety considerations**:*

*If you have a history of trauma, and or post traumatic stress syndrome, a guided meditation has the potential to send you into a state of anxiety or even to cause you to relive the trauma. Guided meditation can be extremely helpful in healing trauma, but it might be best if you tried it only with a psychotherapist trained in this integrative healing technique.*

*Some people with seizures find that deep relaxation is a trigger for their seizure disorder. Guided meditation, although nice, may not a good choice for people with seizures.*

*Please do not use this meditation while driving or performing any other activity that requires your full attention. You will receive many benefits from guided meditation, often including deep relaxation.*

*To avoid getting light headed at the completion of the meditation, sit or lie down quietly for a while before getting up.*

## **Suggestions for reading guided meditations**

*Read in a slow, soft voice*

*The text in italics are suggestions, not meant to be read aloud.*

*“...” means to pause for 3 seconds or more*

*Proceed in a relaxed tempo with even and uninterrupted rhythm.*

*Observe for your responses during the guided meditation. Do you seem to be relaxing, more comfortable? You can modify or stop the guided meditation at any time, especially if you notice signs of increased anxiety.*

## **Calm and Centered breathing meditation**

Settle yourself in any way you desire to become comfortable. There may be other noises in and outside. Hold the intention that all routine noises will deepen your relaxation during this meditation. When your thoughts wander, just bring them back to relaxation.

Now, close your eyes if you wish, or find a focus point to gaze upon.

*Read slowly.*

At your own pace, begin by breathing in deeply ... and breathing out completely...

Breathing in ... and out...

Focusing on your breathing may help you to relax.

Breathing in ... and out...

Noticing your breath as you gently breathe in as deeply as you like... Then breathe out completely...

Breathing in... and out...

Gently breathe in ... and out ... in a slow comfortable rhythm.

Enjoy taking another deep breath ... and exhaling completely ...

You may gradually feel relaxation flowing throughout your being.

Continue breathing slowly and deeply at a pace that is comfortable for you.

When you are ready, return your attention to this time and this place.

### **Wise use of wellness information**

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The TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman provide general and educational information about health and wellness. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. Never disregard medical or professional advice, stop medical care, or delay seeking medical care because of something you read on this website or a linked website, or otherwise learned from TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman.

#### **TLC Resource Center**

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Calming and centering contemplative practices for senior citizens and family caregivers  
from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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## **Fragrant breathing**

*by Gale Lyman*

This breathwork exercise requires a bit of imagination with your sense of smell. You choose a fragrance you like, then imagine you are breathing it in. If you think you cannot imagine it, simply try to remember the fragrance.

Please make yourself comfortable. For your well-being, you may adapt this meditation to create the safest, most appropriate, and most comfortable experience for you. You may modify or reject any words, concepts, or images. Adjust this meditation to meet your own healthy preferences.

When your thoughts wander, just bring them back to relaxation. Allow yourself to release or put aside anything distracting you from being fully present.

You may take a moment to select a scent. Either imagine or simply remember your scent. It might be an invigorating aroma if you want to be more alert, or something soothing if you want to relax.

*Read slowly.*

If you like, enjoy a few deep centering breaths.

Inhaling deeply... and exhaling completely...

And again, inhaling deeply... and exhaling completely...

Begin breathing in and out through your nose, imaging that you are breathing in your chosen fragrance.

Breathing in ... and breathing out...

Noticing the scent

Breathing in your chosen smell ... and breathing out again ...

Continuing breathing at a comfortable rhythm.

Notice how imagining this scent makes you feel.

If you like, continue breathing at a comfortable rate for a few more breaths.

*pause for 15 seconds.....*

Continue to breathe slowly and easily...Noticing all the sensations you are experiencing....

And now, return your attention to this time and this place.

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## Count while breathing

by Gale Lyman

During this breathwork meditation, focusing on your breath while counting to four may help you to relax and clear your mind.

Adjust the count to your comfort range. You may count to 1, or 10, or whatever suits you. Count to only 1 or 2 if you feel dizzy. Your count may vary from day to day. Be gentle with yourself, and accept the differences without judgment.

Please make yourself comfortable. For your well-being, you may adapt this meditation to create the safest, most appropriate, and most comfortable experience for you. You may modify or reject any words, concepts, or images. Adjust this meditation to meet your own healthy preferences.

When your thoughts wander, just bring them back to relaxation. Allow yourself to release or put aside anything distracting you from being fully present.

*Read slowly.*

If you like, enjoy a few centering breaths.

Inhaling easily... and exhaling completely...

And again, inhaling a little deeper... and exhaling completely...

Taking a breath, you may count to four... then exhale as you count to four...

Count to four as you take a deep breath ... then exhale while counting to four...

Adjust the count to your comfort range. If you feel dizzy, count to only 1 or 2. If you feel good, you may choose to count to a higher number.

Take a breath while counting... then exhale while counting...

Counting...inhaling...exhaling...counting...

If you like, continue breathing at a comfortable rate for a few more breaths.

*pause for 15 seconds.....*

Continue to breathe easily...

Noticing all the sensations you are experiencing....

And now, return your attention to this time and this place.

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