



# 5-Minute Meditation Script

## Grounding Reset (5 Minutes)

*Read slowly. Leave small pauses. You can keep your voice gentle and grounded.*

Take a breath in... and a slow breath out. Wherever you are right now, let this be a moment you come back to you. If it feels safe, allow your gaze to soften... or close your eyes.

Feel the places your body is being supported. The chair, the bed, the floor. Let your weight be held by gravity—nothing to force, nothing to fix.

Now... inhale through the nose. Exhale slowly through the mouth. Again... inhale. And exhale longer than you inhale. One more time... inhale... and a slow, steady exhale.

Bring your attention to your jaw. Unclench. Let the tongue rest. Let your shoulders drop—just one small level down.

# Rooting & Release

Feel your belly. You don't have to change it. Just notice it. Let your breath touch that space.

Now bring your awareness to your feet. Feel the soles of your feet. The edges of your feet. Your heels. Your toes.

Imagine, just for a moment, that your feet can soften into the earth. Like roots gently finding the ground. Not pushing. Not trying. Just connecting.

And as you breathe out, imagine anything extra—tension, static, pressure, anything that no longer serves you or anything that is not yours to hold and carry—draining downward... out of your body... and into the ground. The earth knows what to do with it. Mother earth knows how to transmut it.

## **Inhale**

Draw in steadiness.

## **Exhale**

Release what you don't need.

## **Inhale**

Draw in calm.

## **Exhale**

Let the nervous system soften.

Now, quietly name three things you can feel in your body right now. Maybe warmth... heaviness... tingling... ease... or even nothing at all. Whatever is here is okay.

And name one thing you are willing to offer yourself in this moment: gentleness... patience... space... kindness... acceptance... love... or simply... one more breath.

Take a final inhale—slow and full. And exhale—long and complete.

When you're ready, begin to return. Wiggle your fingers. Roll your shoulders. Feel your feet again.

# Your Anchor

And as you open your eyes, or lift your gaze, let this be your anchor:

**I am here.**

**I am safe in this moment.**

**I can return to center—one breath at a time.**

# Audio Recording Notes

*So it sounds amazing*

## **Pace**

~115–130 words/min (slow, soothing, not sleepy)

## **Pauses**

Add 2–3 second pauses after key lines ("Feel the places your body is being supported.")

## **Recording**

If you want subtle structure: record it in one take, then trim silence at the start/end.