

A woman with dark hair tied back is sitting in a lotus position on the floor. Her eyes are closed, and her hands are resting on her knees in a mudra. She is wearing a light-colored, long-sleeved top. The background is a soft, out-of-focus indoor setting with natural light coming from a window on the right.

Grounding Reset (5-Minute Meditation)

A short guided meditation to help you settle fast — soften tension, steady your breath, and return to the present moment. Perfect for mornings, transitions, or anytime you feel overwhelmed.

[Download Meditation](#)

5-Minute Meditation Script (*audio-ready*)

🕒 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 Into the Earth

Body Awareness

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.

01

Name Three Sensations

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.

03

Final Breath

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

The Release

And as you breathe out, imagine anything extra—tension, static, pressure—draining downward... out of your body... and into the ground. The earth knows what to do with it.

Inhale... draw in steadiness. Exhale... release what you don't need.

Inhale... draw in calm. Exhale... let the nervous system soften.

02

Offer Yourself One Thing

Name one thing you are willing to offer yourself in this moment: gentleness... patience... space... or simply... one more breath.

04

Begin to Return

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.")



Structure

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