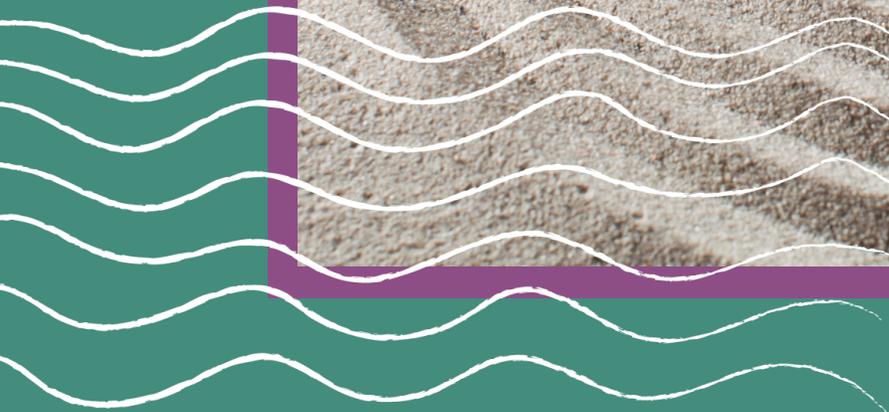


Spiritual Wellness

# Guided Meditations



# Welcome!

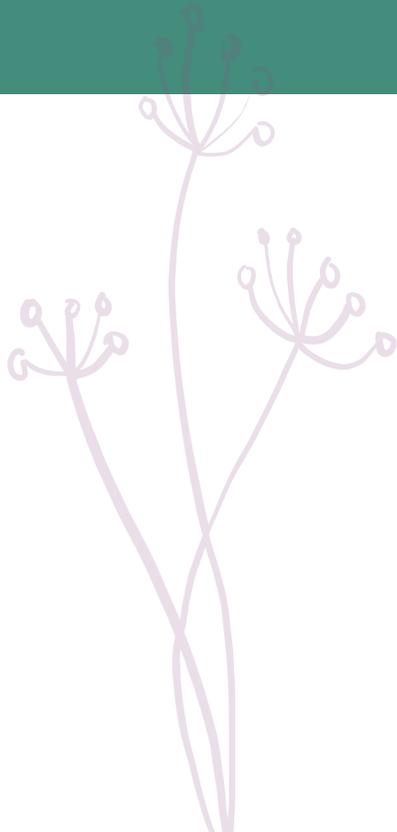
Spiritual Wellness is one of the wellness dimensions used to measure and manage quality of life. This dimension can be defined as developing a set of beliefs, principles, or values that will give you the ability to discover meaning and purpose in life as you act in alignment with them; is to develop faith in something beyond yourself. It's about your spirituality.

This dimension helps to establish peace and harmony in your life. You cannot live your life to the fullest without a developed spiritual wellness. Being selfless, compassionate, honest, forgiving and having a clear set of values all add to your spiritual wellness dimension.

This gift is a compilation of guided meditations. Excellent tools for you to start or continue developing your spiritual awareness. It is my hope that they serve you in your spiritual development.

In Wellness,

*Dr. Frances Perantoni, ND*



# Calming Colour Guided Meditation

To begin, make yourself comfortable. Adjust your clothing as needed and assume a comfortable position.

First, before the calming colour relaxation begins, notice how your body feels in this moment.

Passively pay attention to the state of your body right now. Do not try to change anything, simply notice how your body and mind feel.

Feel your body begin to relax slightly, as your shoulders drop a little lower... your jaw loosens so your teeth are not touching... and your eyelids start to feel heavy.

Take a deep breath in... hold it... and slowly breathe out...

Now just notice your breathing. Your body knows how much air you need. Notice with interest how your breath goes in and out. Feel the pause after you inhale and before you exhale... and the pause before drawing another breath. Allow your body to relax and your mind to focus on the calming colour relaxation.

Allow the relaxation to occur naturally... allow and observe...

Create a picture in your mind of the colour red. Imagine red of all shades... You might picture red objects, a red landscape, or just a solid colour.... Imagine all of the different tones of red... roses... bricks... apples...sunset... Enjoy the colour red.

Now allow the colour you are imagining to change to orange.

Picture the colour orange... infinite shades of orange... flowers... pumpkins ... carrots...Fill the entire visual field of your mind's eye with the colour orange. Enjoy the colour orange.

Visualize the colour yellow. See in your imagination all the various shades of yellow. Allow yellow to fill your vision... lemons... flowers... fall leaves...

# Calming Colour Guided Meditation (cont.)

Imagine the endless tones of the colour yellow. Imagine yourself surrounded with the calming colour yellow... Immerse yourself... Enjoy the colour yellow.

Let the colour you are imagining become green. Fill your imagination with the colour green. Endless shades and tones of green... plants... leaves... grass... Imagine being surrounded by beautiful green..... all shades from the lightest to the darkest, bright green... subdued green... Enjoy green.

Now see in your mind the colour blue. Surround yourself with beautiful blue... Unending shades of blue... water... sky... Imagine blue filling your vision... Enjoy the colour blue.

Allow the colour in your imagination to become violet... Focus on the multitude of purples around you... flowers... eggplant... sunrise... Immerse yourself in the colour violet... Enjoy violet.

Now allow your attention to return to your breathing... notice how calm and regular your breathing is now...

Meditate on the calming colour relaxation once more... Imagine the colours again, one at a time... starting with red... orange... yellow... green... blue... violet...

Now picture whatever calming colour you wish. Do you have a favorite? Or a colour that suits your mood right now? Imagine whatever colours you like.

Allow your mind to be relaxed, focused, and calm... Enjoy the feeling of relaxation you are experiencing...

Now it is time to return your attention to your regular activities...

Become more alert with each breath you take... More aware of your surroundings...

Stretch your muscles... and open your eyes. Fully alert and calm.

# Grounding Guided Meditation

This is a meditation that will bring healing to the physical body as well as stimulate emotional release and well being...

This meditation is best done in a quiet place. If you can sit upright do so, otherwise laying down will work as well.

You are going to be a tree. Visualize your body as a large tree. A mighty Oak, a majestic Maple, a beautiful Walnut, a towering Cottonwood, pick any tree that you care too. You are a tree, complete with full branches crowned with leaves, a solid sturdy trunk and deep strong roots.

Feel this tree as your body, they are one. It is a warm sunny day, the Sun is gentle but firm upon your leaves and branches. Feel the heat of the Sun on the crown of your tree. The warmth feels like the Sun on your face and arms in summer. See this energy as a golden light. Let the Sun send you this golden light and let it fill your leaves and branches. Feel this golden light start to warm you. Let the Sun fill you completely with this golden energy. When you are totally filled with the golden light all the way out to the tips of your branches and fingers, all the way down your trunk, down into your roots and legs, then thank the Sun for giving you its healing love that is the gold light.

Next, turn your attention to your roots, this deep base that keeps you grounded in Mother Earth. Feel the damp coolness of the Earth around your roots, just like digging your toes into the moist earth. Feel this cooling as an offering of Healing Love from Mother Earth. Ask her to send her healing energy to you. See this healing energy as an emerald green liquid. Pull this healing liquid up through your roots just like sucking on a straw. Feel this cooling energy start to fill your trunk body. Let it rise all the way up into your branches and crown. Sense and feel the mingling of the Sun's gold light with this emerald green healing energy from the Earth. Feel the healing, the balance of both healing energies within all of your body. Let it bring release and the healing that you need.

When you have been able to do this, thank both the Sun and the Earth for helping you to heal. This is done out of Love. Remember, Love is the strongest force in the Universe. This meditation will indeed bring you both Healing and Love when you accept it through your Heart.

# Body Scanning and Inner Being Guided Meditation

To begin the meditation, get into a comfortable position, either sitting or lying down. If you're sitting, it's good to be sitting with your back straight and well supported in a comfortable chair, with your feet flat on the floor and your hands in a relaxed position. If you prefer to lie down, lie flat on your back in a very comfortable, relaxed position.

When you are comfortable, close your eyes and become aware of your body; just notice how your body is feeling right now... If you notice any tense places in your body, gently breathe into those places. Imagine them relaxing and all unnecessary tension releasing and dissolving.

First, put your attention on your feet and imagine relaxing them...

Next, put your attention on your ankles and the calves of your legs and gently relax them...

Now put your awareness in your thighs and your hips. Relax the upper part of your legs and your whole pelvic area...

Gently breathe into the lower part of your body and feel it become very relaxed...

Now put your awareness in your abdomen and your stomach, the area of your internal organs, and imagine all your organs relaxing, functioning easily, comfortably, healthfully, and smoothly...

Relax your chest and relax your shoulders, your arms, your hands, and your fingers...

Put your awareness in your neck and throat, and imagine this part of your body relaxing completely. If there's any tension in this area, imagine it flowing down through your arms and out your fingers, out onto the floor and down into the earth....

And now relax your head, your face...relax your scalp...relax your ears, and relax your eyelids. Relax your jaw...

Let your awareness scan through your entire body, from head to toe, from toe to head, and feel your entire body deeply relaxed...

# Body Scanning and Inner Being Guided Meditation (cont.)

Imagine that you can feel life energy flowing smoothly and freely through your entire body. If any area feels tight or tense, gently release it and feel that energy flowing through it...

Take a deep breath, and as you exhale, release any last holding that you're doing in your body. Feel your body totally relax...

Take another deep breath, and as you exhale, relax your mind. Pretend that your mind is just another muscle in your body that you can now relax. You don't have to hold on to any thoughts. You can let everything go for right now and let your mind become very quiet and slow, even a little bit out of focus...

Take another deep breath, and as you exhale, move your awareness into a very deep place inside of you...

Now imagine that you are walking down a path in some very beautiful, natural environment. You may either see the environment visually, or you may feel or sense or pretend that it's there. As you walk down the path you feel the beauty of nature around you... and you feel yourself in an increasingly relaxed state of mind...

Imagine that you come to a clearing or some very beautiful spot, and begin to look around or sense or feel what this place is like. It's a very special, magical place. Notice what's there. Are there trees? Are there plants? Is there an ocean or a river? Are you on a mountain or in a field or in a garden? Let your imagination tell you what this place is... it's very peaceful and beautiful and it's also very private and safe. This is your own personal, inner sanctuary that you are creating for yourself, inside of you. No one can come here unless invited. This is your own private place.

Feel how warm or how cool it is.... Is it sunny or shady or a combination of both? How does the air feel and how does it smell? What kind of sounds are there in your inner sanctuary? Do you hear birds or insects or the breeze blowing through the trees, or the sound of the ocean? Or is it just very quiet? Are there any flowers or animals near you? Take whatever comes to you that feels right and feels good....

# Body Scanning and Inner Being Guided Meditation (cont.)

Imagine that you are wandering around your inner sanctuary, getting to know it, getting comfortable in it and familiar with it... find a place in your sanctuary that feels like a comfortable place to sit or lie down, and make yourself totally at home there... feel the beauty and that nurturing. Imagine that you're like a sponge, simply absorbing and receiving the love and the beauty of Mother Nature...

And now move your awareness into a deep, quiet place inside of you... keep imagining going deeper and deeper inside yourself until you come to a place of rest and peace within, where all the cares of the world seem far away. Take a moment to simply let yourself be in that peaceful place within, where there's absolutely nothing you have to do or even think about or figure out, a state of quiet being-ness...

In this deep, quiet, restful place within yourself you are in contact with your own deepest wisdom, your own natural inner knowingness, the part of you that's very wise and knows everything that you need and is able to give you guidance in your life, moment by moment. Even if you don't feel it or don't quite believe it, just allow yourself to pretend or imagine that it is there. Whether or not you feel it or believe it, it is always there within you...

If you have questions you want to ask your inner guide, go ahead and ask... quietly be open to receiving, sensing, or feeling what that wisest part of you may have to say in answer to your question. It may come to you in words. It may come to you in an image. Or it may be just a feeling. Take whatever comes, and allow it to enter your awareness... It's all right if you feel that nothing is coming; it may come to you at a later time; it doesn't always come the moment you ask. So accept whatever your experience is right now...

If you have more questions you want to ask your inner wisdom, do so. You can ask for help, for support, for direction, for love, for clarity – go ahead and ask for whatever you desire or need... whenever you ask, as soon as you ask, the door will open for you to begin to receive whatever your heart truly desires. So simply assume now that whatever you are asking for is beginning to come to you. It may come in a different way than you expect, but it will come...

When you feel ready, become aware once again of your sanctuary and know that this is a beautiful place you can come to any time you desire. It is within you always. All you have to do is relax, close your eyes, take a few deep breaths, and desire to be there.

# Body Scanning and Inner Being Guided Meditation (cont.)

You can go there any time you want. It will be a place where you can relax and get in touch with that deep, inner wisdom...

For now, say good-bye to your inner sanctuary and begin to walk up the path... as you walk up the path, become aware of your body in the room.

Feel the room around you... when you feel ready, very gently open your eyes and come back feeling relaxed, energized, and deeply connected with yourself.



# Deep Breathing Exercises

## Breathing Awareness and Deep Breathing

Sit in a comfortable chair, maintaining good posture. Your body should be as relaxed as possible. Relax your gaze or close your eyes. Scan your body for tension. Release the tension as you breath out.

Pay attention to your breathing. Place one hand on the part of your chest or abdomen that seems to rise and fall the most with each breath. If this spot is in your chest you are not utilizing the lower part of your lungs.

Place both hands on your abdomen and follow your breathing, noticing how your abdomen rises and falls.

Breathe through your nose.

Notice if your chest is moving in harmony with your abdomen.

Now place one hand on your abdomen and one on your chest.

Inhale deeply and slowly through your nose into your abdomen. You should feel your abdomen rise with this inhalation and your chest should move only a little.

Exhale through your mouth, keeping your mouth, tongue, and jaw relaxed.

Relax as you focus on the sound and feeling of long, slow, deep breaths.

# Deep Breathing Exercises (cont.)

## Complete Natural Breathing

Sit or stand with good posture.

Breathe through your nose.

Inhale, filling first the lower part of your lungs then the middle part, then the upper part.

Hold your breath for a few seconds.

Exhale slowly. Relax your abdomen and chest.

Practice these exercises, in whatever combination feels best for you, for ten minutes, twice a day.



# Continue The Journey

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