Beach Guided Meditation

Get comfortable by sitting or laying down, which is comfortable for you. Now you wilk be taking several long, deep and slow breaths. Breathe in deeply through your nose and releasing all of the air through your mouth.

Breathe in…Breathe out

Feel the air go deep into your lungs as you breathe in and feel all of the negativity of your day go out.

Breathe in…breathe out

Now I want you to imagine that you are walking on a shoreline….. the sand is soft and warm…..as you are walking you can hear the waves rolling in….

You can smell the ocean spray.... the air is moist and warm.... feel a pleasant, cool breeze blowing....You see the colors of blue and white mixing together as the waves hit the sand…

You start to walk towards the water as you watch the water roll in and out with each wave…. The not too cold water touches your feet and you feel the wet sand on your toes… you feel the sun on your face as it warms you…

You continue to listen to the sound of the waves crashing to the shore.... and feel the water touch your feet and then roll out with each wave……

Smell the clean salt water and beach....

You gaze again toward the water.... you watch the beauty of the gentle waves rolling in… and then rolling out…the water barely touching you and then rolling out…the sun on your face…..

You walk into the water a little further.... you can see the sand under the water.... the water is a relaxing temperature... cool but not cold....

Now you continue into the water if you wish.... even swim if you want to.... enjoy this time at the beach for as long as you like…. Feeling more and more relaxed... enjoy the water and the sand and the sun....

You are feeling calm and refreshed...

You walk back out of the water and onto the beach...Stroll along the beach at the water's edge.... free of worries... no stress... calm.....

You walk back to a chair and a towel that has been warmed by the sun….you sit and enjoy the sun and wrap yourself in the towel…you sit for a while and enjoy the sounds of the ocean and the waves, you feel the slight breeze and feel the warmth of the sun….and the smells of the ocean water….

You take several deep breaths…in and out….in and out….

You feel peaceful and relaxed.... allow all your stresses to melt away....

When you are ready to return from the beach, do so slowly....

Bring yourself back to your usual level of alertness and awareness....

Keep with you the feeling of calm and relaxation.... feeling ready to return to your day....

Open your eyes... and become fully alert... refreshed.