
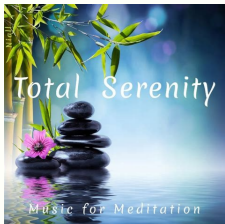
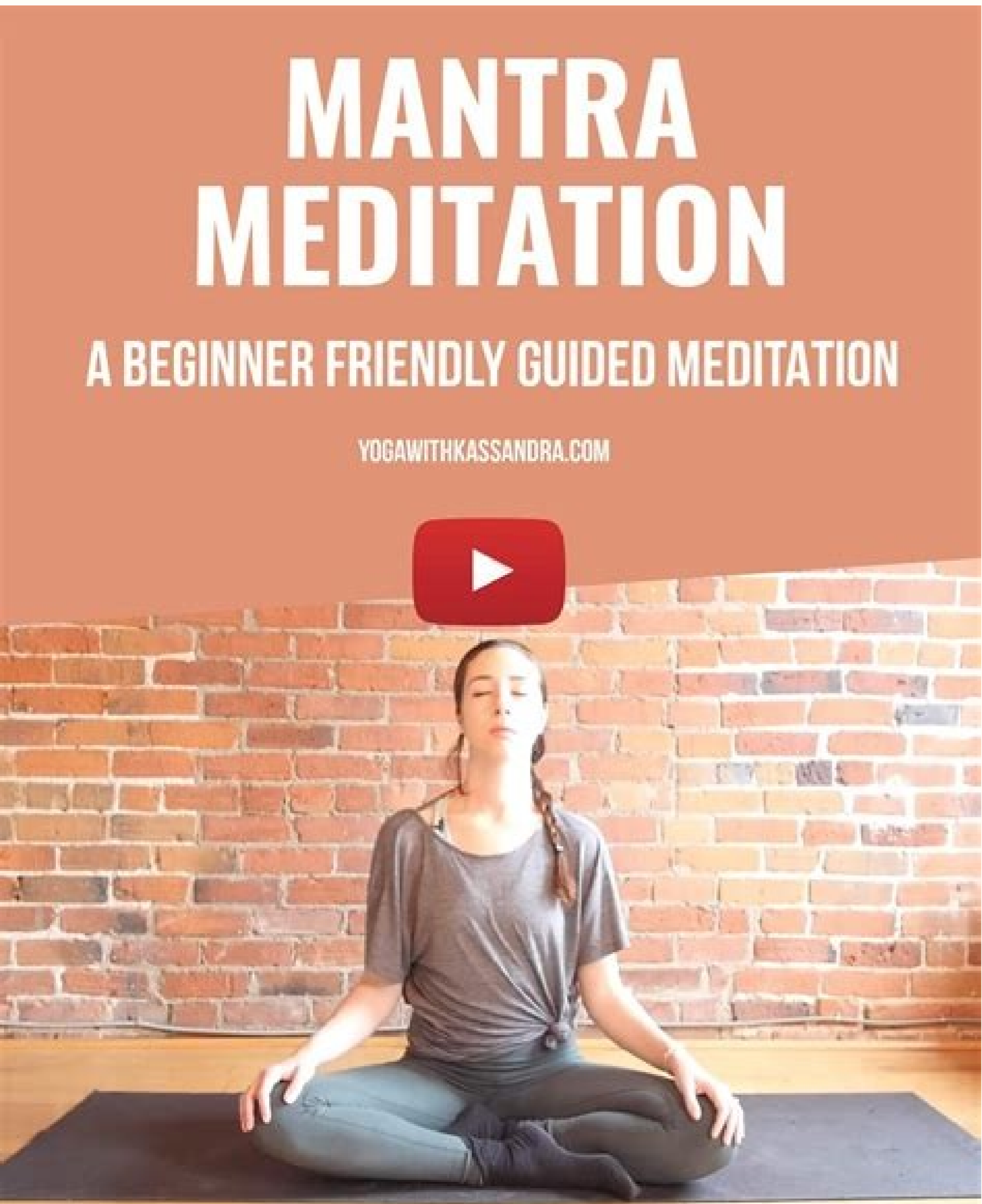


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**Next**



What a great way to start a training session, workshop, teleseminar or webinar! Meditation calms our mind, relaxes our body and calms our spirit. Having a few brief skeletons on the sleeve can be very useful for us trainers - either to calm a hasty customer, start a webinar or simply help customers connect with themselves and reduce speed. Here are 3 short meditation guides to use with your customers for relaxation and calm: Suggestion: Be sure to speak slowly and gently. I actually have a different 'voz' that I use when I help my clients with guided meditations. IMPORTANT NOTE: Anything in square brackets [...] NOT to say out loud, they are a note for you to do something for example. [pause]. 1. Two Minutes Meditation Guide to Help Your Customers Find CALM I invite you to breathe deeply and when you're comfortable, start closing your eyes [pause]. I wonder if you would take a moment to imagine yourself being more peaceful, peaceful and focused [pause]. And as you allow your unconscious mind to naturally conjure an image of what you would feel; consider what you might be seeing [younger pause], listen [younger pause] and what you might be feeling [younger pause] that shows you are more peaceful, peaceful and focused [pause]. And maybe you already feel more peaceful, peaceful and focused [pause]. If not, notice that your unconscious mind can reveal how you could do this [raise pause]. Now, maybe you can think of a simple way to incorporate this feeling of calm in your life in the days and weeks ahead [raise pause]. And after you've done that, you know that it can really be so easy to create a little more peace and calm in your [pause] life. Therefore, I invite you now to take a breath for a moment, and start moving your attention back to the room, the sounds around you and start to open your eyes [pause]. How was that? What did you learn? This 2-minute guided meditation script uses Ericksonian hypnosis and NLP NLP to allow the client to imagine for himself how calm will be - and how to bring this into their lives. 2. Three-minute Guided Meditation Screenplay Using Breath I would like you to pause, breathe deep and place your feet on the floor. Really FEEL your feet in contact with the floor below you. Now place your hands on your stomach and take 2-3 deep breaths, noting that your stomach gets up and falls with every breath inside and outside. And when you feel comfortable, close your eyes. Now, while you're still breathing deep inside your stomach, I'd like you to inhale a five count, then hold your breath for a five count and slowly exhale through a five count. And keep breathing, in for 5, stay for 5, out for 5. [Pauses for about 1 minute] [Sustainly] Great. Now I would like you to slowly take your attention back to the room, noting the sounds around you and start opening your eyes [pause]. So how do you feel? This simple 3-minute guided meditation script helps revitalize and relax the customer. Deep breathing helps to oxygenate your blood, while the simple focus on breathing calms them and brings them to the present moment. 3. Five-minute guided meditation script for relaxation and release of body tension I would like you to feel comfortable in your chair and relax. Breathe deep and place your feet on the floor, FEEL your feet really in contact with the floor below you. And just take a few deep breaths like this for a moment [pause]. So I'd like you to start by focusing on your toes. Apply and then let go. Now relax your ankles [pause], the muscles of the calves [pause], the knees [pause] and the thighs [pause]. Remember, let any thought that may have float up and away from you in a bubble off [pause.] now relax your buttocks [pause.] pelvic area [pause] and start to notice any tension you may have on your back. breathe deeply, and as you exhale, relax slowly and release any tension you may have on your back [pause] [pause] your shoulders. Lift them up and then release completely. Wonderful. Now it's time to relax your neck and jaw muscles. Breathe deeply, and as you breathe, let go of any tension in your neck and jaw. Finally, the top of your head [pause]. I would love for you to hug one last time and as you release your shoulders, any remaining tension can sink and come out of you. Wonderful. Breathe a little deeper and enjoy this feeling of relaxation and tranquility for a little longer. [Younger pause about 1 minute] Hmmmmm. Now I would like you to bring your attention slowly to the room. Start noticing the sounds around you and when you're ready, open your eyes [pause]. How are you feeling? This 5-minute guided meditation script is also known as a "body scan" where you focus and purposefully relax your entire body - one area at a time. Take plenty of time in each area of the body, allowing your client/s to relax and disqualify as much as possible. 5 Minutes Wrap-up Meditation Guides Guided meditation is a great way to help our clients relax and connect with themselves AND to get them curious about meditation as practice. Enjoy these 2.3 and 5-minute guided meditation scripts - and feel free to play with them and add your own personal touches! BONUS TIP: Once you have taken your clients through the process, both 2) The Breathing Meditation and 3) The Body Tension/Relaxation Guided Meditation Scripts can be given to clients to use for themselves when they are tense or stressed. Or you can just remember and use the concept/process you have shared. If you liked this article with (low) 5 Minute Meditation Scripts for Relaxation and Calm, you may also like: Calm and focus your clients with 4 Guided Meditation Scripts with Water Theme (1 min, 3 min, 7 and 12 min). Includes Audio MP3 and User Guide. The perfect tool for the client's relaxation! See all 3 products included> Add to cart \$ 29.00 \$ 29.00 \$ 29.00

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