

## Opening Script (Short & Grounded)

Take a moment now to get yourself really comfortable.

You might want to adjust your blanket,  
support your head,  
or place something under your knees.

Make sure you're warm enough—  
the body can cool as it begins to relax.

Allow your eyes to gently close  
or soften your gaze

And begin to arrive here

Nothing to do  
Nowhere else to be

Bring your attention to your breath

Without changing anything at first  
just noticing

And then, if it feels comfortable  
begin to gently lengthen your exhale

Let the out-breath become a little slower  
a little softer

No force

Just allowing the body to begin to settle

You might notice the body starting to drop  
the weight of you being held by the floor

Let that happen

## Optional gentle guidance (you can weave in or keep simple)

You might like to:

- soften the jaw
- release the shoulders
- let the tongue rest in the mouth
- allow the eyes to drop back

Or simply notice the body  
as it is

You could bring awareness through the body

From the head  
down through the chest  
the belly  
the legs  
all the way to the feet

Noticing any areas of holding

And allowing them to soften  
if they're ready

Or just rest in the breath  
and let the sound guide you

## **Normalising the experience**

During the session, you might notice different things arising

- sensations in the body
- emotions
- thoughts
- images or colours

There's no need to do anything with them

Just let them come and go

If you need to adjust your position at any point  
please do

If you need to leave the room  
you're very welcome to do that quietly

Sometimes the body may respond in simple ways

You might:

- cough
- sigh
- twitch
- or even fall asleep

This is all completely normal

Your body is still receiving what it needs

## Closing reassurance

There's nothing you need to get right

Just allow yourself to be here

and let the sound do the work

## Other elements you can include (if you want to vary it)

- A slightly longer **body scan** (head → feet)
- A few rounds of **counted breathing** (e.g. in for 4, out for 6)
- A gentle **tension release** (scrunch → release)
- A short **grounding cue** (feel the weight of the body, contact with the floor)
- A simple **intention** (e.g. “allow the body to receive what it needs today”)