

Meditation Workshop 🌿 Own Voice Meditation Guideline 5–10 minutes

(For recording with your own voice)

Designed for a holistic approach – warm, deep, and caring from the heart 🌿

1 Preparation before recording

- Speak slightly slower than usual. Drink warm water before speaking.
- Lower your voice about 10–15% to make it softer and deeper. Record without music first, then add soft background music afterward.
- Smile gently while speaking (this naturally makes your voice warmer).
- Pause 3–5 seconds between sentences.
- Imagine you are speaking to “yourself.”

🌿 Basic Breathing Practice for Beginners

1 Position

Lie flat in a comfortable position.
Place one hand on your abdomen.

2 Inhale (4 counts)

Breathe in slowly through your nose.
Feel the air or oxygen flowing down into your abdomen.

Imagine your abdomen is like a balloon.
When air enters... the balloon slowly expands.
Count silently and slowly: 1... 2... 3... 4...

3 Hold the breath (5 counts)

Keep the breath in your abdomen.
Feel that your abdomen remains expanded.
Count slowly: 1... 2... 3... 4... 5...

4 Exhale (6 counts)

Slowly breathe out through your nose.
Feel your abdomen gently fall back down.

The hand resting on your abdomen helps you feel
the air slowly leaving your body completely.
Count slowly: 1... 2... 3... 4... 5... 6...

✨ Breathe slowly, softly, and steadily.

When you understand the correct breathing method,
you can practice meditation in any posture.

Whether sitting, lying down, standing, or walking –
simply return to your breath. Be aware of the inhale... and the exhale...

Every moment can become a moment of peace
when you return to yourself 🧡

This is the foundation of correct breathing.
It helps the nervous system relax and the mind become calm 🧡

Breathing rhythm used during meditation guidance

: Inhale 4 counts (count silently 1.....2.....3.....4..... slowwww... soft...)

: Hold the breath in the abdomen for 5 counts with focus (count silently 1.....2.....3.....4.....5..... slow... soft...)

: Exhale 6 counts (count silently 1.....2.....3.....4.....5.....6..... slow... soft...)

Introduction to Calm Stillness (Minute 0–2)

“Welcome ... you ... (say your name softly) ...

This moment ... is yours ... (say your name again gently) ...

Close your eyes ... and slowly allow your body to relax ...

Scan from the crown of your head ... the brain ...

Tell yourself ... relax ... we are safe ...

Scan your face ... your forehead ...

Release any tension ... soften ...

Gently smile ... and tell yourself ...

It is safe now ... relax ...

Scan your shoulders ...

Let them drop down softly ... gently ... gently ...

Relax ...

Breathe in slowly ...

And breathe out ... long ... soft ...

One more time ...

Breathe in ... receive calm ... comfort ... relaxation ...

Breathe out ... release tension ... fatigue ... pain ...

If there is discomfort anywhere ...

Let it leave your body with the exhale ...

Add Alternate Nostril Breathing

Speak slowly ... leave space ...

So that you ... the listener ... can follow ...

Lift your right hand gently ...

Place your thumb near the right nostril ...

Place your ring finger near the left nostril ...

Gently close the left nostril with the ring finger ... (pause)

Close left ... inhale right ...

Slowly breathe in through the right nostril ...

Let the belly gently expand ...

Count 4 steady beats silently ...

1.....2.....3.....4.....

(Follow your own rhythm ... do not force yourself)

Imagine ...

You are breathing in safety ...

Breathing in calm ...

Breathing in stable grounding energy ...

Hold the breath ... 5 counts ...

Feel the belly still softly expanded ...

1.....2.....3.....4.....5.....

(Only as long as comfortable ... without forcing)

Close right ... exhale left ...

Release the ring finger from the left nostril ...

Close the right nostril with the thumb ... (soft pause)

Exhale slowly ... long ... through the left nostril ...

Let the belly gently fall ...

Count slowly ...

1.....2.....3.....4.....5.....6.....

(Follow your own comfort ... no pressure)

Continue ...

Close right ... inhale left ...

Hold ...

Close left ... exhale right ...

Continue the flow ...

Inhale right 1-2-3-4 ...

Hold 1-2-3-4-5 ...

Close right ... exhale left 1-2-3-4-5-6 ...

Inhale left 1-2-3-4 ...

Hold 1-2-3-4-5 ...

Close left ... exhale right 1-2-3-4-5-6 ...

Repeat the full cycle 3-5 rounds ...

The voice remains steady ... calm ... deep ... soft ... and relaxed ...

🌿 Closing sentence after the breathing practice:

“Notice the difference inside your body...
Your nervous system is moving toward balance...
Left and right are returning to harmony...
You are safe.....
You are calm.....
You are present in this moment..... ”

Recommended: Practice 3–5 rounds.

🌿 Body Awareness and the Spinal Line

“Bring your attention to your spine...
From the base... the tailbone...
All the way up to the head...”

Imagine a warm, gentle light from the earth, deep beneath the ground, flowing upward... from the lowest base of the spine...

This warm beam of light slowly flows from the very base... beginning at the tailbone...

Passing through the sexual organs...

Along the spine...

Up through the abdomen.....Through the heart.....Through the throat.....

Through the airway.....Through the third eye (located between the eyebrows, centered in the brain, the pineal gland)...Through the brain, also called the Crown chakra...

Flowing upward and out into the nature outside the body...”

“Now begin to imagine...

A warm beam of light from above...

Gently flowing down into your Crown chakra... into your brain...

Continuing to flow to your Third Eye...

Flowing down through your throat...

Moving into your neck...

Flowing down into your heart...

Passing through your abdomen...

Flowing through your reproductive organs...

Passing through your tailbone...

Down into the earth... beneath the ground.

This light helps relax your nervous system...

Calms your mind...

And restores balance within you...”

(Pause 5 seconds)

“If you notice any area of tension... or pain... or sadness... or stress... or anxiety...

Simply breathe... or bring your awareness gently into that area...

Just know that this place feels tight...

Just know that this place feels stressed...

Just know that this place feels sad...

Just know that this place feels afraid or anxious...

Simply acknowledge... acknowledge...
And allow it to gently dissolve and fade away...

Just like the breath...
There is the in-breath...
The gentle pause...
And the out-breath dissolving outward...

It begins...
It stays...
And it fades away...
Then it begins again...
A continuous cycle..."

♥ Connecting with the Heart and Soul (Minute 5–8)

"Place one hand at the center of your chest...
Feel your heartbeat...
Feel the life energy within you...

You are not only your busy thoughts...
You are not only your past stress...


You are peace.... You are safety...
You are balance...
You are whole within yourself..."

(Long pause)

Workshop 30dag (Skriva ut)

Gratitude Journal for Good Energy and Inner Balance

Good Vibes Gratitude Journal

 Date: _____

Morning Gratitude Ritual

Start the day with a smile and a moment of gratitude.

My Intention:

What good things do I believe will happen to me today?

(Write your positive intention or feeling for the day.)

1. _____

2. _____

3. _____

Thankful for What I Already Have:

Think of three simple things you feel grateful for right now – big or small. It could be your breathing, your body, your home, family, nature, a cup of coffee, or a kind gesture.

1. _____

2. _____

3. _____

Evening Gratitude Ritual

 End the day with stillness and appreciation.

What beautiful things have I experienced today?

Write three things you are grateful for, something that made you smile, feel calm, or thankful during the day.

1. _____

2. _____

3. _____

Reflect for a Moment

Before you fall asleep, close your eyes, breathe calmly, and feel the stillness within you.

Thank yourself for the beautiful day that has passed.

Workshop everyday for 30 dag : **Break a Habit You Dislike** Dat _____

Write down what you truly dislike in your life, the things you want to remove from your life.

Then burn it every evening, every day 1–3 points or more 🧡 1.

- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

.....Cut Out.....

Date _____

Write down what you truly dislike in your life, the things you want to remove from your life.

Then burn it every evening, every day 1–3 points or more 🧡

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

.....Skära Ut.....

Date _____

Write down what you truly dislike in your life, the things you want to remove from your life.

Then burn it every evening, every day 1–3 points or more 🧡

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.