

## Guided Meditation Script for Depression and for Embracing the Present

**@talkinghelpsheal**

Begin by finding a comfortable position, allowing yourself to settle into the support beneath you. Close your eyes gently, and take a deep breath in, feeling the air fill your lungs. As you exhale, release any tension you may be holding in your body.

Let's start by acknowledging the weight you may be carrying, the heaviness of your emotions, and the challenges you're facing. It's okay to feel the way you do; your feelings are valid and deserving of acknowledgment.

As you continue to breathe, imagine yourself surrounded by a soft, comforting cocoon of acceptance and understanding. This cocoon is a safe space where you can be exactly as you are, without judgment or expectation.

Now, bring your attention to your breath once again. Notice the rhythm of your inhales and exhales, the gentle rise and fall of your chest. There's no need to change your breath; simply observe it with curiosity and compassion.

With each breath, allow yourself to sink deeper into the present moment, letting go of worries about the past or future. Right now, in this moment, you are here, you are enough, and that is worthy of celebration.

As you sit with your breath, take a moment to check in with yourself. Notice any sensations or emotions that arise within you. Allow them to be there, without trying to push them away or hold onto them. Remember that emotions, like waves, come and go, and you have the strength to ride them out.

Now, I invite you to imagine yourself as a mountain—strong, steady, and unshakeable. Like a mountain, you have roots that run deep into the earth, grounding you in the present moment. Feel the stability and resilience of the mountain within you, anchoring you in this moment of stillness and peace.

Know that just as the mountain withstands the storms and changes of the seasons, you too have the capacity to weather the ups and downs of life. Your current state is not permanent; it is simply a part of your journey, leading you towards growth and transformation.

As we begin to bring this meditation to a close, take a moment to offer yourself some kindness and compassion. Place a hand over your heart, feeling the warmth of your touch. Send yourself words of love and encouragement, acknowledging the strength and courage it takes to face each day.

When you're ready, slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, gently stretch your body, and when you feel ready, open your eyes.

Take a moment to thank yourself for dedicating this time to your well-being. Remember that you are not alone in your journey, and there is always support available to you.

May you carry the peace and acceptance of this meditation with you as you continue to navigate life's twists and turns, knowing that you are enough, just as you are.