

# Calm and Centered breathing meditation

by Gale Lyman, RN, BSN, HNB-BC

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## **About guided meditation**

*This is a guided breathing meditation. The intention of this meditation is to offer you an opportunity for relaxation. It is provided only for your personal use.*

## **Cautions**

*In addition to the safeguards within the meditation, here are additional **safety considerations**:*

*Please do not use this meditation while driving or performing any other activity that requires your full attention. You will receive many benefits from guided meditation, often including deep relaxation.*

*To avoid getting light headed at the completion of the meditation, continue to sit or lie down quietly for a while before getting up.*

*Guided meditation is generally safe for most people. If you take medication or remedies particularly for diabetes, thyroid disorders, hypertension, anxiety, and sleep, and especially if you have a history of post-traumatic stress disorder or a seizure disorder, consult your physician before doing guided meditation.*

*If you have a history of trauma, and or post traumatic stress syndrome, a guided meditation has the potential to send you into a state of anxiety or even to cause you to relive the trauma. Guided meditation can be extremely helpful in healing trauma, but it might be best if you tried it only with a psychotherapist trained in this integrative healing technique.*

*Some people with seizures find that deep relaxation is a trigger for their seizure disorder. Guided meditation, although nice, may not a good choice for people with seizures.*

*For more information, read the Calm & Centered blog titled Guided Meditation, Gentle Relaxation at <https://calmandcentered.info/2018/03/01/guided-meditation-gentle-relaxation/>*

## **Suggestions for reading a guided meditation**

*Read in a slow, soft voice*

*The text in italics are suggestions, not meant to be read aloud.*

*“...” means to pause for 3 seconds or more*

*Proceed in a relaxed tempo with even and uninterrupted rhythm.*

*Observe for your responses during the guided meditation. Do you seem to be relaxing, more comfortable? You can modify or stop the guided meditation at any time, especially if you notice signs of increased anxiety.*

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Settle yourself in any way you desire to become comfortable. There may be other noises in and outside. Hold the intention that all routine noises will deepen your relaxation during this meditation. When your thoughts wander, just bring them back to relaxation.

Now, close your eyes if you wish, or find a focus point to gaze upon.

*Read slowly.*

At your own pace, begin by breathing in deeply ... and breathing out completely...

Breathing in ... and out...

Focusing on your breathing may help you to relax.

Breathing in ... and out...

Noticing your breath as you gently breathe in as deeply as you like... Then breathe out completely...

Breathing in... and out...

Gently breathe in ... and out ... in a slow comfortable rhythm.

Enjoy taking another deep breath ... and exhaling completely ...

You may gradually feel relaxation flowing throughout your being.

Continue breathing slowly and deeply at a pace that is comfortable for you.

When you are ready, return your attention to this time and this place.

## Wise use of wellness information

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## TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers  
from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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