

Fragrant breathing meditation

by Gale Lyman, RN, BSN, HNB-BC

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.

Fragrant breathing

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This breathwork exercise requires a bit of imagination with your sense of smell. You choose a fragrance you like, then imagine you are breathing it in. If you think you cannot imagine it, simply try to remember the fragrance.

Please make yourself comfortable. For your well-being, you may adapt this meditation to create the safest, most appropriate, and most comfortable experience for you. You may modify or reject any words, concepts, or images. Adjust this meditation to meet your own healthy preferences.

When your thoughts wander, just bring them back to relaxation. Allow yourself to release or put aside anything distracting you from being fully present.

You may take a moment to select a scent. Either imagine or simply remember your scent. It might be an invigorating aroma if you want to be more alert, or something soothing if you want to relax.

Read slowly.

If you like, enjoy a few deep centering breaths.

Inhaling deeply... and exhaling completely...

And again, inhaling deeply... and exhaling completely...

Begin breathing in and out through your nose, imaging that you are breathing in your chosen fragrance.

Breathing in ... and breathing out...

Noticing the scent

Breathing in your chosen smell ... and breathing out again ...

Continuing breathing at a comfortable rhythm.

Notice how imagining this scent makes you feel.

If you like, continue breathing at a comfortable rate for a few more breaths.

pause for 15 seconds.....

Continue to breathe slowly and easily...Noticing all the sensations you are experiencing....

And now, return your attention to this time and this place.

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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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