



SOMA Daily Dose meditation script

Introduction

Sit comfortably with your back straight or lie down on your back without any tension.

Begin this meditation by feeling and embodying gratitude.

Allow the feeling of gratitude to flow freely through your body. Gratitude for the ability to do an experience like this. To enjoy the body that you have been blessed to be born with, the health, love, happiness, which is already present and will flow to you in abundance as you open your heart and mind to the truth. The truth that you already have to receive infinite love, abundance, wealth, health, already inside the very core of your being, and this experience shall awaken you to your full human potential by accessing this wealth of energy, knowledge and wisdom that lies deep within.

With your eyes closed putting your right hand on your heart, feel the beat of your heart.

And have a moment of gratitude for your heart, provider of nutrients, energy, vitality to your organs and every cell in your body, without which your life would not exist. Your centre point of intuition, inner sights and connection, empathy.

Now we are going to begin a rhythmic diaphragmatic breathing.

When I say in, you will breathe in as instructed, and when I say out you'll breathe out as instructed with a rhythm of a four to the floor beat.

Breathwork Round 1 (4:4)

(Breath count-starts)

(3min:12sec) Now begin the breath in beats

(3min:17sec) In 2, out,2,3,4

In 2, out,2,3,4

As you breath in and out. Make sure you're filling the entire capacity of oxygen in your lungs. Breathing in deeply from your roots, through your belly, chest, making a circular motion around your head as though you're cycling this sacred life force energy, like a current of electricity around your body...that's right.

Connecting deeply with this smooth circular breath. Smooth on the inhale, smooth on the exhale, keeping that consistent rhythm with every breath.

Feeling that energy building up in side with every breath you take.

(4min:40sec) Creating that supercharge from deep within.

In, 2, out, 2,3,4

In, 2, out, 2,3,4

(5min:52sec) You may feel tingly sensations building up inside, a charge running through your body, stimulating your own creative potential from deep within.

That's right

Breath in, Keep connecting, with a smooth consistent rhythm

Breathing in gratitude, Breathing out love

That's right

Breathing in this vital prana, life force energy,

Breathing out your intention, gratitude, love

Letting go of any tension on your exhale

Breathing in with no force on your inhale

Letting go of any stress or tension that may remain

(7min:26sec) Building up that energy

That life force deep within

Like an electric charge building up and up

Breath hold phase 1

(7min:47sec) Now fully in and fully out.. That's right letting out a little hiss, letting go of all the remaining air from your lungs, allowing your chin to drop forward as you become completely relaxed.

Life is just a series of inhales and exhales
As you press pause on your breath, you press pause on life

Enjoy this moment of stillness as you go deep into a meditative state

Now seed these words into your conscious mind

Who am I, What do I really truly want, and what does it feel like to have it
Embody those feelings of having it right now

Any thoughts, feelings or ideas that emerge in this time come from within, so they are important.

(9min:53sec) And whenever you get an urge to breathe, override the first sensations to breathe

In-breath hold 2

(10min:03sec) and take a nice deep full inhale (breath in), pulling up your sexual energy through your root chakra, contracting the pelvic floor muscles, the muscles that you use to hold in your urine.

Drawing up this energy, straightening your back, bending your neck forward and screwing up your forehead, third eye and shooting this energy, this life force.. right up your spine and into your midbrain activating the seeds of your creative mind.

And hold your breath,

That's right

(12min:18sec) Then let go with a sigh aaaaauuuuummmmm

Bring yourself back to your normal breath... breathing in gently and slowly staying relaxed on every exhale.

That's right

Breathwork Round 2 (4:4)

(13min:58sec) As we get ready to breath in beats

(14min:04sec) In 2,3,4, out,2,3,4

In 2,3,4, out,2,3,4

In 2,3,4, out,2,3,4 etc

(18min:23sec) That's right

Feeling more and more relaxed, charged with ecstasy, bliss, good feelings, good sensations, good vibrations.

(19min:03sec) Fully in, fully out

Open your mind and connect to the light within, you are a divine spark of the creative life force, as you connect to your higher self, your higher power

Witness the white lights, your higher self, channeling through you like a beacon of divine energy transmitting a higher frequency of vibration, connecting you to the reality that you want to attract, that you deserve. That is aligned with your highest values.

Much love, positive energy.

What ever ideas, visions, moments of clarity that you receive with this experience, pay attention because it is important to your personal growth, your well being, your health, abundance and happiness.

Peace