

# CALMING 5 MINUTE RIVER MEDITATION

*If you're feeling overwhelmed, stop for five minutes. Find a quiet spot, sit down and place your feet on the floor.*

**STEP 1:** *Start by simply focusing on your breath for a few moments.*

**STEP 2:** *Close your eyes and imagine your thoughts, tasks, "to do's" etc as a river raging around you.*

**STEP 3:** *Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.*

**STEP 4:** *Once it is a gentle stream, imagine it getting smaller and trickling into a beautiful, quiet, still pond.*

**STEP 5:** *Now you are ready to continue with your day - one thing at a time.*

# Guided Meditation Words

**RJ Shavelson**



## **Guided Meditation Words:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Experience Love's Journey in **Guided Meditation Words**. This emotionally charged ebook, available for download in a PDF format (Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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