

## 30-Minute Meditation Script for Shifting Realities

- Words in *italic font* are meant to be emphasized for full NLP effect
- Words in [Brackets] are not intended for narration
- Words in (Parentheses) are meant to be whispered
- For each new paragraph a 2-5 second pause is recommended
- [Pause] = 5 to 10 seconds
- [Moderate Pause] = 10 to 20 seconds
- [Long Pause] = 20 seconds+
- Each "." Period represents one second

### [Introduction]

Welcome to this shifting guided meditation.

Here, I will guide you through the process of transitioning your consciousness from the current reality into your desired reality.

Before we begin our multidimensional journey, ensure that you are well hydrated and that you won't be disturbed for the duration of this session.

Additionally, I encourage you to script out details about the desired reality that you'd like to shift into.

You can write it down or simply affirm it within your mind - if you can think it, then you can shift there!

Maybe you wish to transition to an alternative reality of your favorite sci-fi or fantasy book, or perhaps just focus on a positive frequency that will help reinforce any goals in this reality.

### [Breath Induction]

When you are ready, I would like you to lay down on your back, with your arms and legs slightly spread apart from your body.

Close your eyes....and begin to settle your awareness on your breathing.

Take some time to breath *deeply*, filling your lungs with energizing oxygen, and releasing all the old air from your body....Imagine your blood cells collecting the essence of that air and transporting it to every organ in your body. Your heart, your brain....Feel yourself becoming invigorated by this natural process.

### **[Progressive Muscle Relaxation]**

Starting at the tips of your fingers, allow yourself to scan every inch of your body, hands, arms, shoulders, neck, head, face, back, chest, stomach, abdomen, legs and feet.

As you do this release any lingering tension and feel yourself sinking down into the surface beneath you with every out breath.

Notice how loose and limp your body has become as contentment fills your mind.

### **[Reinforcement]**

Repeat these mental reinforcements silently in your head:

My body is at ease and my thoughts are clear.

I release all the negative energy that binds me to this reality.

I am now prepared to enter the reality I choose.

### **[Instructions]**

In a few moments, I will begin counting from 100 to 0. With each number that you hear, your ability to bring about the reality of your choice will become stronger and more powerful. Should you wish to bring this session to an end or return to your present reality, simply say "Returning Home".

Remember, you are always safe and in control here.

### **[Shifting Sequence- Countdown Method]**

I am now preparing to shift into my desired reality.... 99....98...97...96...95 (subliminal: focus on the breath)..94..93..92..91...90.. I easily align with the energy of my desired reality and let go of any resistance within me.

89..88..87..86..85 (deeper)...84..83..82..81..80. I free myself from all limiting beliefs and blocks that keep me from manifesting what I desire.

..79...78...77...76...75(Release)...74...73...72...71....70....Releasing all that no

longer serves me and allowing space for new possibilities to emerge...69.....68.....67.....66.....65 (Quantum Theory).....64.....63.....62.....61.....60....Opening up to the unseen forces of the universe that manifest in every moment.  
....59.....58.....57.....56.....55 (Transporting Consciousness).....54.....53.....52.....51.....50....My consciousness is shifting beyond the physical realm, transporting me to my desired reality.  
.....49.....48.....47.....46.....45 (Shifting Consciousness).....44.....43.....42.....41.....40....Feeling lighter and lighter as I enter this new vibrational frequency.  
.....39.....38.....37.....36.....35 (Reality).....34.....33.....32.....31.....30....I am fully present in my desired reality, every part of me is here now.  
....29.....28.....27.....26.....25 (Present Moment).....24.....23.....22.....21.....20...Awareness of the power of the present moment and all that it offers. ..19.....18.....17.....16.....15 (Destination).....14.....13.....12.....11.....10....My destination has been reached; I have arrived at this new place!  
..9.....8.....7.....6.....5(Be Here Now)...4.....3.....2.....1.....0....

Fully embodying this newfound presence as I become one with my desired reality.

You are now in your desired reality.

### **[Desired Reality]**

Take a moment to explore your senses and get in touch with who you are.

Notice the shape of your body, the way it feels, and observe what is around you.

Listen for any sounds that may be present and pay attention to who else is near you.

Feel into any sensations that arise within your body, noting down any thoughts or images that come up as well.

Take your time here and stay as long as you'd like before using the words "Return Home" when you're ready to come back to this reality, bringing anything useful with you from this experience.

**[Music to play until end of recording]**