

Peaceful Holiday

MEDITATION SCRIPT

(Close your eyes gently and take a deep breath, allowing the joyful energy of this festive season fill your being. Exhale slowly with the intention of releasing any tension or stress held within.)

As we step into this holiday season, let us take a sacred pause to connect deeply with the peace residing within us.

(Allow your breath to find its natural rhythm. Draw in a sense of tranquility with each inhale and release any worries or concerns with each exhale.)

Visualize yourself standing in a serene, snowy forest—a sanctuary of pure tranquility. Picture the snowflakes delicately adorning magnificent trees, blanketing the forest in calm and quiet.

(Imagine this winter wonderland and feel how it would feel to be really there. Imagine feeling the crisp, invigorating air as you breathe in and picture the clouds of your breath as you breathe out. Feel the snowflakes brushing against your skin, revitalizing your spirit. In this moment, you are free from demands, stress, and the hustle and bustle this season can bring.)

Now, gently focus on your breath. With each inhale, invite a profound sense of calm to fill your body and spirit. As you exhale, let go of any lingering anxieties, allowing them to dissolve with your breath, much like soft snowflakes melting on the ground.

(Direct your attention to gratitude. Reflect on the blessings in your life during this special season. It could be the love of the people closest to you, the comfort of a welcoming home, or the beautiful memories you're making. It could be as simple as your breath and the gift of life allowing you to experience this moment.)

Let this sense of appreciation fill your heart, igniting a warm fire of gratitude within you.

(Now, shift your awareness to the present moment. Listen to the subtle whispers of nature. Imagine the gentle rustle of leaves, the distant melody of birds, or the serene silence of the snow-covered landscape.)

Fully immerse yourself in this moment. Feel the warmth of gratitude expand throughout your body, flowing from your heart and growing outward to the top of your head, the tips of your fingers, and the bottoms of your feet.

(Next, visualize a radiant, glowing light emanating from your core. This light symbolizes love, compassion, and kindness. With each breath, feel it expanding, following the warmth of gratitude, reaching out beyond yourself, touching the lives of those around you.)

As it expands, imagine this light from within you harmonizing with the collective energy of peace and goodwill during this sacred time of year.

(Now, take a moment and envision the year ahead. See yourself stepping into the new year with confidence, guided by the power within you that transcends any circumstance, situation, or condition.)

Visualize all that is possible in the year to come, supported by this inner strength that empowers you to overcome challenges and embrace opportunities with grace and resilience.

(As we conclude this meditation, take a few more intentional breaths. Feel grounded and centered in the serenity and empowerment that has always been within you, but maybe you are just becoming aware of.)

Know that this sanctuary of peace and the power within you is ever-present. You can access it during the excitement of the holiday season and beyond.

(When you feel ready, end this meditation by slowly bringing your awareness back to the present and gently moving your body.)

For more intentionally curated spiritual practices to bring greater peace, calm, and joy to your holiday season, [click here to download the free Holiday Spiritual Survival Guide.](#)

