

Creating Safe Places through Art and Music Therapy

Meditation Script

- 1. Introduction:** As we begin this meditation, I invite you to find a comfortable position. Sit with both your feet flat on the floor, allowing them to ground you. Release any tension in your body through stretching, cracking your back, or maybe moving your head gently side to side. Taking a moment to do that now.
- 2. Breathing & Gratitude:** As you've found a comfortable position, know that you can reposition your body at any point. Shift your thoughts now to your breath. As you feel the cool inhale through your nose (inhale) and the warm exhale through your mouth (exhale). Allowing yourself to sit here, becoming grateful for the breath that gives life to your body.

If you feel comfortable, you may begin to create art using whatever writing utensil is with you today. You can include my words into your creation, or use the blank back of the page, whichever you prefer.

- 3. Safe Place (Imagery):** Begin reflecting now on a place or memory that you find most relaxing. Allow all positive feelings, emotions, and reactions to this place to tangibly surround you and fill your mind. What does that look like for you?

Shifting your thoughts now to the details of this destination or dream.

- a) What does it sound like to be there? Maybe you hear sounds of joy and peace.
- b) What does it feel like to be there? Maybe you feel the sand in your toes if you're at the beach.
- c) What does it taste like to be there? Maybe you taste the sea salt as you splash in the ocean.
- d) What does it smell like to be there? Maybe you smell the pine trees as you walk through the woods or smell your favorite meal being prepared.

And now, letting your destination become absorbed by the details, feeling all of these sensations at once. Knowing that here, in this moment, you are safe.

- 4. Conclusion:** As you have fully embodied and rested in your safe place, it is now time to release it with gratitude as you come back to the present. Knowing that you can access your safe place at any time. Moving your thoughts back to your breath once more, as you feel the cool inhale through your nose (inhale) and the warm exhale through your mouth (exhale). Breathing energy back into your lungs, knowing that you now have strength to face the rest of the day. And as you are ready, begin to orient your mind and body back to the present.