

# GUIDED MEDITATION PROMPTS

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## HOW TO USE

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Meditation is a powerful tool for self-awareness, peace of mind, and stress-management.

These guided prompts are designed to help you quiet the noise of the world, connect with your inner stillness, and tap into the powerful voice of your intuition.

Use them daily or whenever you need a moment of stillness.

## GUIDED MEDITATION PROMPTS

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### Find Your Space

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- Sit comfortably in a quiet place where you won't be disturbed.
  - Close your eyes and take a deep breath, inhaling through your nose and exhaling slowly through your mouth.
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### Focus on Your Breath

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- Breathe naturally, paying attention to the rhythm of your inhale and exhale.
  - With each breath, imagine drawing in peace and releasing tension.
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## Visualise Stillness

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- Picture a serene lake, completely calm and still. The surface reflects the sky like a mirror.
  - Imagine your mind becoming one with the lake, clear and calm.
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## Set an Intention

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- As you rest in this stillness, repeat to yourself:

*"I am at peace. My mind is calm. I welcome clarity and stillness into my day."*

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## Return Gently

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- When you're ready, take a few deep breaths, wiggle your fingers and toes, and open your eyes.
  - Carry this sense of peace with you as you move through the day.
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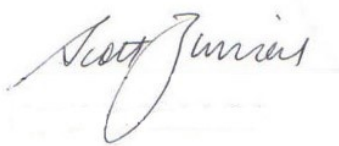
## CONNECT

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Have fun with this strategy and let me know how it goes!

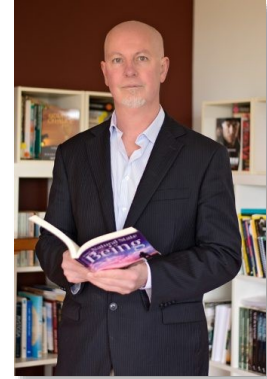
Connect with me on [LinkedIn](#) or reach out at [scott.zarcinas@doctorzed.com](mailto:scott.zarcinas@doctorzed.com)

Yours Truly,



**Dr. Scott Zarcinas**

Founder, 818: Unlocking Your Life



### Books by Dr. Scott Zarcinas



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