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are written especially for Green Child readers by Mellisa Dormoy of ShambalaKids. Her meditation audios help children and teens relieve stress and anxiety, improve self-esteem, feel great (mind, body, and spirit) and develop a positive mental attitude at school and at home. [Guided Relaxation Scripts - Green Child Magazine](#) These peaceful guided relaxation scripts are written for Green Child readers by Mellisa Dormoy of ShambalaKids. Subscribe to access the library and you'll be able to browse the 30+ topics to see which guided meditation will most benefit your child. [Free Guided Meditation and Relaxation Scripts for Kids ...](#) This guided meditation for acting helps you, as an actor, to focus on getting into the character's state of mind, understand the character you are playing, and act effectively. [Calming Down from Good News](#) This relaxation script is for calming down from good news. It will help you achieve a state of calm so you can focus or sleep as needed. [Guided Imagery Scripts: Free Relaxation Scripts](#) [Easy Guided Meditation Script: Quiet the Mind](#) This guided meditation script will help put your mind at ease in an instant! For thousands of years, religious leaders, priests, and monks have used meditation as they search for salvation, revelation, and enlightenment. [Easy Guided Meditation Script: Quiet the Mind](#) Use these guided meditation scripts to calm the mind and relax the body and/or to achieve health, healing, or the ability to quickly relax. Guided meditation scripts are helpful tools to use for relaxation purposes. A script can vary in length from a word or phrase to many paragraphs. [Guided Meditation Scripts See more](#) [Guided Meditation Script Central - Free Written Guided ...](#) In this guided meditation by Brad Austen, you will learn a simple technique for relaxing, connecting with your happiness and clearing your body of energy blockages. It finishes with some positive affirmations designed so that you can carry the happiness with you throughout your day. Read this Script below - or Download it as a PDF. [Smile and Be Happy Meditation Script - Free Download ...](#) This Guided Meditation by Brad Austen connects you to your breath, allowing you to centre in your energy. From this space, you create a ball of energy in your heart chakra, which rises towards the heavens, taking your awareness on a journey to connect with your higher-self. Read this Script below - or Download it as a PDF. [Healing the Heart Meditation Script | Free Download ...](#) Written Meditation Healing photo by Ian Scott [Written Meditation Healing Technique](#). This written meditation is designed to heal one of a long-suffering emotional scar from the past (PTSD). Although it may be used to heal or rid yourself of negative energies of the present too. There is a list of tools you will need as this written meditation relies on ritual.

These peaceful guided relaxation scripts are written especially for Green Child readers by Mellisa Dormoy of ShambalaKids. Her meditation audios help children and teens relieve stress and anxiety, improve self-esteem, feel great (mind, body, and spirit) and develop a positive mental attitude at school and at home.

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Written Meditation Healing photo by Ian Scott Written Meditation Healing Technique. This written meditation is designed to heal one of a long-suffering emotional scar from the past (PTSD). Although it may be used to heal or rid yourself of negative energies of the present too. There is a list of tools you will need as this written meditation relies on ritual.

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