

Breathe & Release

A Guided Grounding Meditation

Written & Guided by Carrie Lee Ann Kerr

Gypsy Dragonfly

Guided Meditation Script

Find a comfortable position, either seated or lying down.

Close your eyes gently and begin to settle into your space.

Take a deep breath in through your nose...

And exhale slowly through your mouth.

Feel your body begin to soften with each breath.

Allow your shoulders to drop... your jaw to release... your hands to rest.

Inhale deeply again...

And as you exhale, let go of anything heavy or tense.

With each breath, invite in peace...

And with each exhale, allow yourself to release.

Repeat silently: I am safe. I am grounded. I am present.

Stay here for as long as you need... breathing... being... releasing.

Reflection Prompts

What did I notice during this meditation?

What am I ready to let go of?

How does my body feel now?

With every breath, I return to myself.

Thank you for sharing this moment of presence and healing.

Carrie Lee Ann Kerr

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