

# **Rooted Calm: An Active Anxiety Release Meditation**

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**NOTE:** Through this process, release anxiety and tension, allowing the Earth to transform it into a calming force. The meadow transforms into a space filled with radiant light, creating a shield against stress. 'Rooted Calm' leaves you rejuvenated, empowered, and ready to face daily challenges with a centered and tranquil mind.

## **SCRIPT STARTS HERE:**

Take a deep breath... Inhale calmness, and as you exhale, release any tension or anxiety. Allow your breath to guide you into a state of deep relaxation.

Imagine yourself standing in a serene meadow. The grass is soft beneath your feet, and a gentle breeze carries away any lingering stress. Picture a clear blue sky above, symbolizing peace and tranquility.

As you stand in the meadow, imagine roots extending from the soles of your feet into the Earth. These roots represent any anxiety or tension you may be carrying. With each breath, you are exhaling negative energy down through these roots.

See the Earth absorbing this energy, transforming it into a calming, grounding force. Feel the tension leaving your body, replaced by a sense of stability and balance. Repeat this process, allowing the roots to act as a conduit for releasing anxiety.

Now, as you stand rooted in the meadow, focus on these positive suggestions:

You are grounded, anchored in the present moment.  
You are releasing anxiety with each breath, creating space for tranquility.  
You are connected to the supportive and calming energy of the Earth.  
You are in control of your thoughts and emotions, allowing positivity to flow.

You are free from the weight of worry, embracing a sense of ease and calmness.

As you continue this exercise, the meadow transforming. Picture a soft, radiant light surrounding you, infusing the space with peace and serenity. Feel this light enveloping you, creating a protective shield against stress and anxiety.

As we conclude this session, carry this sense of calm and release with you. When you open your eyes, you will feel rejuvenated, empowered, and ready to face everyday challenges with a centered and tranquil mind.