FIRST COMMAND’S
ONE Dream®

CREATING ABUNDANT LIVES

DREAM QUEST®

MEDITATION SCRIPTS
Begin the first meditation with the DVD that explains the value of meditation. It is a universal tool that helps all of us to be more effective in life. It can be done anywhere and at any time; it can be done in as little as 30 seconds. We invite you to experience the benefits of meditation at various points throughout the ONE Dream journey.

**DVD**

10 minutes

**DVD FORMAT:** Lance explains the importance of Meditation to be an effective Higher Ground Leader
BEACH IMAGERY MEDITATION

Imagine yourself on a soft, sandy path leading to the beach.

Be aware of your senses – the smells, sounds, sights, sensations.

It’s a sunny day……

The breeze blows softly off the ocean…

The waves splash on the shore…

The sea gulls are overhead……

As you near the water the sounds get louder…..

The calming, soothing sound of the coming and going of each wave……

Like the coming and going of your breath.

With each out breath “let go”…..

(Pause)

As you walk down the path onto the beach become aware of the salt air.

Take a moment to breathe in the salt air
With all of its healing capacities….

(Pause)

Notice the shells on the sand.

Feel the sun against your skin.

Continue your journey on the beach.
Until you find a comfortable, safe place to stop…..
(Pause)

Sit or lie down on your towel or blanket

As you become aware of this special place you may notice that you are aware of the sights around you

You may be alone or find that someone is there with you.

Continue to be aware of your senses.
Listening, smelling, seeing, feeling, tasting……

(Long Pause)

Feel the warm sand under your body.

Feel the weight of your body sink into the sand
Very safely, very securely, very comfortably,
Feeling the pleasant softness of the sand.

Let your breath come in….and go out like the ocean waves.

Clearing out tension and
Bring in peace and relaxation.

You may want to focus on the sound of the ocean with
The coming and going of each breath....

(Long Pause)

If you are distracted by thought that come into your mind

Simply go back to your focus of listening to the ocean...or focusing
On your breath or word

Letting the distracting thoughts pass through your mind and out....

Let each out breath be an opportunity to “let go”....
Bring in peace and relaxation on the in breath.

This opportunity for relaxation is present with each breath
Throughout the day.....

(Pause)

Here on your place on the beach
You feel safe
You are in control
Here all the fears and anxieties are washed out into the ocean.

Take a deep breath and find on the in breath
You can go even deeper and become even more relaxed......

(Long Pause)

Let the breath come in and go out with the ocean
With each breath go deeper and deeper
Into that inner state of relaxation and comfort
Where you find strength, healing, and courage.

(......Long Pause)

Become aware of your focus for relaxation – your breath, a word, a phrase, a sound.

Knowing your focus maybe an opportunity for relaxation at anytime.

As it is time to return to the path
Notice your sensations – the smells, the sounds, the sights.

When you are ready, roll up your blanket and towel and return to the path.....

(Long Pause)

Become aware of your surroundings

The sounds in the room.

Notice the sensation of sitting in the chair or lying on the mat.
You may want to move or stretch a little.
Continue to let each outbreath be an opportunity to “let go”
An opportunity that is present with each breath throughout the day.

When you are ready, you may open your eyes.

You may want to sit quietly for a few minutes and stay in touch with your relaxation experience.

At any time throughout the day you can return to awareness of your breath or focus
To “let go” of tension that arises in the mind and body.

Debrief: (10 minutes)
Have participants meet with their Learning Partners to discuss the insights they’ve gained.
MEDITATION OPTION FOR DAY 2 PRE-BREAKFAST

FUTURE SELF – BECOMING A NEW STORY LEADER

Timing:

Meditation 15 minutes
Discussion 10 minutes

Get into a comfortable position in your chair with both your feet touching the ground.

Now allow your eyes to close and begin by focusing your awareness on your breath. Breathing in, and breathing out. Breathe in easily and effortlessly. Breathe out easily and effortlessly. Each breath allows you to become more relaxed and comfortable. Let any outside sounds only serve to allow you to go deeper inside. Let them be a reminder of how good it is to leave the noise and stress of the outside world and journey into the quiet and peace of your own inner world.

As you sink deeper down into quiet and ease, perhaps you can imagine a grounding cord dropping down from the back of your spine. Imagine it going down to the center of the earth. Deep into the earth. Imagine there is something that you can anchor the cord to so that no matter where you go on your inner journey you feel solidly connected to the earth.

As you allow yourself to go deeper into a state of relaxation, perhaps you can remember a time when you stood before a pond or a lake and it was quiet and peaceful. You may have dropped a pebble into the water and noticed the waves rippling out. One wave after another, flowing outward farther and farther. The waves slowing down and becoming further apart until the water was once again calm and peaceful. I invite you now to imagine that your body is like that body of water. Drop a breath, like the stone, into the pool that is your body. And, as you drop a
breath into the center of your body, you can feel the waves of relaxation rippling out. Waves of relaxation flowing through your body. Up through your torso into your chest and your back. Up through the vertebrae and spreading out into each and every muscle of your back. Through your shoulders and arms, up through your neck, your jaw, your face, your scalp. Feel those waves relax you as your muscles let go and become soft and loose. Now, feel the ripples of relaxation flowing down the bottom of your torso, flowing through your abdomen and your pelvis, down through your thighs, calves, ankles, feet and toes. Know that each time you draw a breath into the center of your body you are becoming more relaxed. As you become more relaxed, you find yourself becoming quieter and more peaceful.

PAUSE

Now bring your attention to the spot between your eyes. Imagine a light there. Now, imagine that light becoming a beam that extends out into space. Follow that beam as it leaves this building, as it travels above this town. As it continues out so that you can make out the entire countryside; and then the state. Keep going further and further out into outer space and notice the curvature of the Earth. As you keep going further and further out, find yourself enveloped by the softness and the quiet of space. Notice below you the big blue/green ball with white clouds whisking around it. Allow yourself to enjoy this perspective for a moment.

Now, notice another beam of light very near to you, a different beam from the one that you followed into outer space. Begin to follow that beam back down to earth. The beam is taking you back to earth 20 years from now; 20 years into the future. Keep following this beam down, noticing the curvature of the earth and the geography stretched out below you. Good. As you come closer to the end of the beam, keep noticing where you are. This is where your Future Self lives; you, 20 years from now. Come into contact with the earth and notice where you are. Notice what dwelling or nature surrounds you. Now, move to the dwelling of your Future Self. What does it look like? What kind of landscape does it have? Are there trees? Flowers? What kind? Get a sense of this place.
Approach the door of your Future Self. Know that on the other side of the door, waiting to greet you, is your Future Self. Yourself 20 years from now. As the door opens, what do you notice? Greet your Future Self and notice the way your Future Self returns your greeting, welcoming you into this time and place 20 years in the future. Take in this person – your Future Self. What does he or she look like? Notice how he or she stands, what he or she is wearing. Get a sense of her (his) essence. Notice the inside of this dwelling. What kind of person lives here? What are the colors and the senses of this place?

PAUSE

Now, move with your Future Self to a comfortable place for a conversation. Perhaps your Future Self offers you something to drink. Really settle in and make yourself comfortable for a conversation with your Future Self. Begin by asking the following two questions:

First – “What is it, Future Self, that you most remember about the last 20 years? In the last 20 years, what stands out most in your memory?” Take a moment now to hear the answer. ………..

Now, ask your Future Self the following question: “What do I need to be most aware of to get me from where I am now to where you are? What would be most helpful for me to know to get to where you are and be a New Story Leader?” Listen to what your Future Self has to tell you. …………………………… Good.

Now, take a moment and ask your Future self your own questions. What other questions are there that you would like to ask your Future Self?
………………………………………….
Bring this visit with your Future Self to a close, thank her (him) for being here with you today and for sharing her (his) wisdom.

Now, find your way back to the beam of light and journey back up the beam. Watch this world, 20 years in the future, grow smaller and smaller as you move out into space. See again the ball of blue and green below you. Notice the clouds swirling around it. Notice that your beam of light is intersected with a different beam of light that will take you back to (Current time and current Location). Follow this beam of light back to present time earth. As you travel down this beam, notice the earth growing bigger and bigger, notice the geography of the State/province; moving further down the beam, notice the countryside; the horizon of the town, and finally, come back into the room at (Current Location). Good.

In a few moments, I am going to count from 3 to 1. At the count of one, you will feel refreshed and alert, as if you have had the perfect amount of rest; aware that you can remember everything you wish of this inner journey. Please remain silent when you open your eyes. I will give you time to jot down things you want to remember about your journey.

Three … coming back to present time.

Two .... Stretching your body and feeling the ground beneath you.

And One .... Remember to remain silent. Eyes open, refreshed and alert.

Debrief: (10 minutes)
Invite participants to meet with their Learning Partners to discuss the insights they’ve gained.
LOVING KINDNESS TO CULTIVATE COMPASSION

Breath focus to center

Allowing the warmth and patience you are experiencing in this relaxed state to give rise to forgiveness. With each breath, breathe in warmth, breathe out anger and resentment. Warmth being breathed in, letting go slowly on the exhale of anger and resentment. How the anger falls away, how the knots become untied, dissolved in that openness of warmth and patience.

PAUSE

Reflecting on those who may have caused you pain in the past, either purposefully or by accident. Sending them forgiveness. Easily now. Allowing those old curtains of resentment to fall. Forgive them as best you can.

If there is still resentment, accept that too; let it be dissipated as the light of forgiveness grows. Allowing yourself to forgive. Letting go of the pride that holds on to resentment. I forgive you. Just letting go.

PAUSE

Sending loving kindness as best you can for those you find difficult to love. Repeat slowly to yourself in whatever words seem appropriate. May you be at peace; may your heart remain open. May you awaken to the light of your own true nature. May you be healed; May you be a source of healing for all souls.

Now for those to whom you may have caused pain. Ask their forgiveness. Not with guilt, but with the understanding that we stumble, that we are all partially blind. Letting go of your self-judgment.

Letting all the rigidity that blocks the heart fall away. Allowing yourself to be forgiven.
PAUSE

With a sense of openness, direct loving-kindness to yourself, in your heart repeat to yourself as is comfortable, with whatever words you find appropriate. Following your breath and focusing on your intention to cultivate compassion. Repeat slowly to yourself.

May I be at peace; may my heart remain open.
May I awaken to the light of my own true nature.
May I be healed; May I be a source of healing for all souls.

Now directing that love toward those you love very much. Visualize in your mind those for who you feel a greater love-picture them and reflect.

PAUSE

May you be happy.
May you be at peace; may your heart remain open.
May you awaken to the light of your own nature.
May you be healed; May you be a source of healing for all souls.

Letting that love expand to everyone in the room in which you are sitting. Filling the room with your love, with your care. Letting the whole room, all these people, be in your heart. Don't forget yourself.

May we all be at peace; May our hearts remain open.
May we be awaken to the light of our own true nature.
May we be healed; May we be a source of healing for all souls.

Just letting yourself sit in the light of this love, in this caring for yourself, for all souls on the planet.

May all beings be happy.
May all beings be free from suffering.
May all beings be healed.
May we all come home to our own completeness.  
May we all be whole and at peace.

May we learn just to be, a moment at a time. No expectations. Just an open heart. Sharing as we can.

When you are ready...experiencing openness of heart, warmth and patience, being happy and at peace as you go about your work together.

Debrief: (10 minutes)  
Invite those participants who wish, to share the insights they’ve gained with the whole group.
MINDFULNESS

Allow the body to breathe naturally

Whenever we meditate, we create a refuge for ourselves.

A quiet time for turning our awareness within, so we can bring more attention, more openness, more mindfulness to everything that we do the rest of the day.

We can be mindful of our inner experiences, mindful of the breath, mindful of sensations in the body, mindful of feelings, mindful of thoughts or of whatever arises is in our field of awareness.

Take a few deep breaths as you begin to turn your attention inward

Remembering how you can use the out breath as an opportunity for letting go and relaxing.

Pause

Now let the breath find its own natural rhythm and simply be aware of the waves of the breath as it rises and falls.

Sometimes the breath is long or short
Sometimes smooth
Other times irregular

Whatever you notice as you are mindful of your breath
Just let it be, without judging, without commenting or wishing it were different.

Be simply open to this moment. A state of acceptance of each moment for whatever is happening.

Pause.
Now as we continue to be aware of our breathing...let your primary focus move to any sensation that may be present in your body.

Feel the touch points where you are supported by the floor or chair.

Be mindful of any subtle shifts in the body.

Pause

Be aware of any sensations in the body.
If you are experiencing any discomfort or pain or restlessness, see if you can begin to be open to the sensations and observe them with mindfulness.

You might imagine the breath moving into that area of tension.

Imagine the breath softening and helping the tension to release.

Using the breath as a tool for awareness, for softening, for letting go.

Pause

Now we will move the focus of attention to thoughts in the mind.

Thoughts are continuously arising, all very natural in the process of the mind.

Watch each thought as it comes and goes.

Be mindful toward the process of thinking.

Notice how the thoughts are all subtly shifting, moving, dissolving.

Pause

Now shift the focus of awareness to any sounds that come to your attention.

Be open and receptive to those sounds that may arise in the environment.
There is no need to judge sounds as pleasant, unpleasant, or distracting. But quietly accept whatever sounds come, whatever sounds go.

Using sound now as the object of your mindfulness.

Pause

Whenever you become aware that the mind is wandering, come back to the breath, using the breath to let go of distraction, impatience, boredom, restlessness, or whatever else you notice.

Pause

As we come to the end of this time for our relaxation exercise, continue to allow each out breath to be an opportunity to let go.

An opportunity that is present with each breath throughout the day.

Bring mindfulness to any activity.

Simply a remembering, reminding yourself to be fully awake.

With your eyes closed, begin to become aware of your surroundings.

Notice the sounds in the room.

When you are ready, gently open your eyes.

You may want to sit quietly for a few minutes and stay in touch with your relaxation experience.

Debrief: (10 minutes)
Invite those participants who wish, to share the insights they’ve gained with the whole group.