

THE RECONNECTION METHOD™

Guided Meditations

Companion Audio Scripts for The 3-Day Reconnect Reset

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How To Use These Scripts

Each script runs about 5–7 minutes when read slowly. You can:

- Read it aloud to yourself before your daily practice
- Record yourself reading it and play it back
- Use text-to-speech or hire a voiceover artist to produce polished audio for your website or app

Speak slowly. Leave real silence at every [pause] — that's where the work happens, not in the words.

Day 1 Meditation: Coming Into the Room

Theme: Awareness | Length: ~5 minutes

Script

Find a comfortable seat. Let your hands rest, palms open, in your lap. Close your eyes, or soften your gaze downward.

[pause 5 seconds]

Take a breath in through your nose... and let it out slowly through your mouth. One more time — in... and out.

[pause 5 seconds]

You don't have to do anything right now. You don't have to fix anything, plan anything, or be anyone. You just have to be here.

[pause 5 seconds]

Bring your attention to your body. Notice where you're sitting. Notice the weight of your body being held by the chair, the floor, the earth beneath you.

[pause 8 seconds]

Now, gently ask yourself: How do I actually feel right now? Not the answer you'd give someone else. The true one.

[pause 10 seconds]

Whatever comes up — let it be there. You're not trying to change it. You're just noticing it, the way you'd notice weather passing through.

[pause 8 seconds]

Place one hand on your chest. Feel your heartbeat, or just the warmth of your hand.

Silently say to yourself: I see you. I'm paying attention now.

[pause 8 seconds]

Take one more full breath. When you're ready, gently open your eyes.

You've just spent a few minutes coming home to yourself. That's the whole practice.

Day 2 Meditation: Settling the Storm

Theme: Regulation | Length: ~6 minutes

Script

Sit or lie down somewhere you won't be disturbed. Let your shoulders drop away from your ears.

[pause 5 seconds]

We're going to begin with a physiological sigh — this tells your nervous system, quickly and directly, that it's safe to soften.

Take two short inhales through your nose — in, in — then one long, slow exhale through your mouth.

Let's do that three more times together. Inhale, inhale... exhale long and slow.

[pause 10 seconds]

Now let your breath return to normal. Just notice it, without trying to change it.

[pause 8 seconds]

Bring your awareness to any place in your body that feels tight, tense, or braced. There's no need to fix it — just notice where it lives.

[pause 8 seconds]

Silently ask that part of you: What are you trying to protect me from?

[pause 10 seconds]

You don't need an answer right now. Just the asking is enough. Your body has been working hard to keep you safe — even when what it's protecting you from is exhaustion itself.

[pause 6 seconds]

Place a hand on your belly and a hand on your heart. Breathe into both hands for a few slow breaths.

[pause 10 seconds]

Whisper to yourself, silently or out loud: I am allowed to slow down. I am allowed to feel safe.

[pause 6 seconds]

Take one more breath. When you're ready, gently return your attention to the room around you.

Day 3 Meditation: Finding the Next Step

Theme: Clarity | Length: ~6 minutes

Script

Settle into a comfortable position. Take a few breaths to arrive fully in this moment.

[pause 5 seconds]

Imagine, for a moment, that your life is a house. Picture yourself standing in the hallway, with doors leading to different rooms — your work, your relationships, your health, your joy, your rest.

[pause 8 seconds]

Walk, in your mind, toward the door that feels the most alive right now. The one that, when you picture opening it, makes something in your chest lighten.

[pause 8 seconds]

Notice what's behind that door. What does it look like? What does it feel like to be in that room?

[pause 8 seconds]

Now imagine walking past a different door — one that feels heavy just to look at. You don't have to open it. Just notice it's there, and notice how your body responds.

[pause 8 seconds]

Take a breath. Ask yourself gently: what is one small, true step I could take this week — toward the room that feels alive, or away from the one that doesn't?

[pause 12 seconds]

You don't need the whole plan. You just need the next right step.

[pause 5 seconds]

Let that step settle into your body. Nod if it feels true.

When you're ready, take one more breath, and gently open your eyes — carrying that one small step with you.