

Guided Meditation

Self Esteem Meditation - Inner Kingdom

Get comfortable. Close your eyes, and take in a very deep breath. Now let it out slowly. Continue to breathe deeply and calmly.

Now think about something - what do you really love to do? This is called a talent, and we all have something that comes naturally to us.

Feel those good feelings of doing what you enjoy and continue to focus on your breathing.

Feel yourself getting lighter and lighter. Take another breath, and feel yourself rising up higher and higher.

Take another breath, and feel yourself rising up so high that it feels like you're floating. Now keep breathing calmly, and fly through the sky, gliding around in the air.

When you're flying like this, if you want to go to a place, all you have to do is think of it. Think about a kingdom where everybody loves your talent.

It's a special place where everyone admires you. You are like the queen or king of that castle!

As you approach the castle gates, you see a big banner that says, "Welcome. We love you!" All of the townspeople are lined up on the side of the streets with flags and banners, and they're all cheering for you as you walk toward the gate.

Everybody's shouting and saying, "You're awesome!" and "You're wonderful!"

You realize all the people in this kingdom are kind and compassionate, and they recognize the special gifts and talents of each unique person. They also accept everyone just as they are.

You walk toward the gate and go inside. A person in a brightly colored suit is there to greet you. "Welcome to our kingdom! We've been waiting for you!"

This kingdom is a place where they really love and admire everyone for WHO THEY ARE.

They also appreciate everyone for their own unique talents. And because you honor who you are, they think you belong here as an important part of their kingdom.

All of the people here love you. You are a role model and inspiration to every single person here.

How does that feel knowing this? Perhaps you have a huge feeling of gratitude welling up in your heart!

You can come back to this kingdom any time you need a reminder of how helpful, smart, or kind you are. The people here will happily tell you how wonderful you are.

For now, it's time to go back home, but you can carry all the wonderful feelings back with you and enjoy them every day.

Now, I'll tell you a secret about this kingdom of yours. The people from your kingdom – the people who think you're amazing and awesome – are actually all around you!

They're scattered about the waking world, so you might have to look for them.

But if you keep being awesome and looking for those special people, you'll find many around you who know the truth of how special and wonderful you truly are!

