



Video Transcript

Guided Meditation For Single Mothers: Release Stress & Refill Your Heart

Welcome to this beautiful meditation for mothers. I'm Rachel. I want to start by saying thank you so much for making time for you to fill, to release, and to replenish.

So go ahead and find a comfortable space. It could be seated. It could be lying on the ground. Make sure your body temperature is warm. Your clothes are cozy. And then just take a nice deep

breath. Place your hands on your heart. Roll your shoulders up, back and down. Feel the earth supporting you.

Know that you are safe and deserving of this quiet and this calm.

Even if there's noise surrounding you, just shut it out for a few moments. Take a deep inhale, visualizing a bright white light. Allow that light to bubble around your heart.

Any tension, any pain, frustration.

Fill your sit bones beneath you grounding.

Allow your body to root into the earth.

Let go. Allow your shoulders to melt away from your ears.

And once you settle in, just connect to your breath.

Allow your eyes to close.

Scan your body from the top of your head to the tips of your toes.

If there's any point in your body that's just holding on, See what happens if you let it go.

If you're having a hard time letting go, which can often be true if you're worried about your children or you're worried about providing for your children, just give a try of like tightening every muscle in your body. Gather up all that anger and fear, tension, pain. Squeeze every muscle in your body. And then just open your hands and soften. Let's do that again. Tighten every muscle in your body. More,

more, more, more, more.
And then soften and let go.
Bring your attention to your breath.
Allow your belly to expand, your ribs to expand, your back to expand.
Just visualize your body 360 degrees in space. Not just the front,
but the backs and the sides.
And just notice your breath. Is it deep? Is it shallow?
Gently start to allow the breath to fall deeper into the belly, into the hips.
As you inhale, think.
I take in peace and I release the weight of the day.
I inhale peace.
I exhale weight.
Let your jaw soften.
Your heart settle.
Your shoulders drop.
Place your hands on your belly and just feel the belly rise.
Feel the belly fall.
You are here.
You are safe.
You are enough.
With each breath, silently repeat in your mind.
I am doing my best.
I am doing my best.
I am enough for my children.
I am enough for my children.
I am enough for me.
We as mothers carry so much. But in this moment,
know that you don't have to carry anything at all. But your breath as you inhale and fill.
But let it go. as you exhale
imagine roots growing from your body your sit bones your feet if you're lying on the floor your
back just visualize and feel roots growing from your body rooting and connecting you with the
earth
grounded steady
strong and nourished you are rooted in love rooted in resilience
Take a big breath and think of all that you've done. Not all that you've endured,
but all that you've accomplished. Often as solo mothers, we're just thinking of the things we
can't
do or want to do or should have done. But make a list in your mind's eye of all that you have
done.
You've traveled forward. You've stood tall. You've put one foot in front of the other.
On your own. in your way.
Honor that.
On your next inhale, just inhale gratitude into your heart,

into your mind, into your body. Tell yourself thank you.
You deserve gratitude.
You are appreciated.
Thank you for showing up.
Thank you for holding it down on the bright days and the dark.
Thank you for giving love. even when you're running low.
Give yourself permission on the next exhale to release guilt. Say to yourself,
I release guilt. I
release pain.
I release shame.
And I welcome grace.
Take three more deep cleansing breaths.
Inhale strength.
Exhale peace.
Inhale strength.
Exhale peace.
One more time. Inhale strength.
And exhale peace.
Feel free to just begin to come back into your body. Wiggle your fingers and toes.
If you're lying on the ground, hug your knees into your chest. Roll to your side and come to a
comfortable seat. When you're ready, place your hands on your heart.
Take a deep cleansing breath. Allow your shoulders to fall from the ears. And then gently,
when you're ready, allow your eyes to enter the space.
Congratulations. You made time for you. And you chose it to do it with me. So thank you.
Know that you are loved and appreciate it. And I hope you have a beautiful rest of your day.