

The purpose of this guided visualization meditation is to help regulate your autonomic nervous system by shifting it from a state of stress to a state of rest, which will then allow your body to return to homeostasis and function at its healthiest potential. This original meditation that I created is pre-recorded with my voice. It will guide you into a deep state of relaxation and is a little over 10 minutes long. I will begin playing the recording once you are on the massage table and we begin your session. With this meditation, I hope that you experience a more deeply relaxing massage overall that will positively impact your life and help you feel expanded, rather than contracted. You can read the transcript of this meditation by clicking [here](#). The majority of the first page of the transcript is not a part of the recording. It just describes the purpose and benefits of this specific meditation for your own knowledge, which I highly recommend reading beforehand so that you get the full experience. The recording will begin after the three asterisks on the second page of the transcript (with a few sentences from page one). You can return to this recorded meditation at any time in your daily life by clicking [here](#). If you would like to skip the introduction part of the video and go straight into the meditation, click [here](#) to listen to the shorter version. This recording does not have background music. I will be playing instrumental music during the entirety of your massage, separately. Once the recording of my voice stops, the music will seamlessly continue to play. This allows the entire session to flow more cohesively. You are also welcome to listen to it with your own headphones during your session, but it is best to have one ear free so that we can still communicate about pressure.