

Stoic Meditation Scripts (10 Minutes Each)

1. The View from Above (*A Meditation on Perspective & Connection*)

[Introduction – 1 Minute]

Find a comfortable position, either seated or lying down. Close your eyes and take a deep breath in... and slowly exhale. Let your body relax. Let your mind settle. This is your time to step outside yourself, to gain a wider perspective on life and its challenges.

[Grounding – 2 Minutes]

Feel the weight of your body against the surface beneath you. Notice the sensation of your breath—cool air entering, warm air leaving. With each inhale, feel yourself becoming lighter, as if the burdens of daily life are loosening their grip. With each exhale, let go of tension, expectations, and worries.

[Expanding Perspective – 3 Minutes]

Now, imagine yourself rising gently above where you are. Picture yourself from the ceiling of the room, looking down at your own body. Observe yourself as though you were a kind and impartial witness.

Rise higher. See the building you are in, the city or town surrounding it. See the people, moving through their own lives, each with their own thoughts, struggles, and joys.

Rise even higher, until you see the vast land below, stretching in all directions. Mountains, rivers, oceans—witness the Earth as a whole. Notice how small the worries of a single person seem from this distance.

Now, rise beyond the Earth itself. See it as a blue and white sphere floating in the vast, endless darkness of space. Notice the stars scattered across infinity. You are part of this grand cosmos. Your joys, your struggles, your ambitions—all exist within a much greater whole.

[Reflection – 2 Minutes]

From this vantage point, consider your current concerns. The things that trouble you—how do they feel from up here? Are they as overwhelming as they seemed before?

Know that you are both insignificant and infinitely valuable. Like the stars in the sky, you are a small but essential part of something vast. You belong.

[Return & Closing – 2 Minutes]

Gently, begin your descent back to the Earth. Back to your city, back to your room. As you settle into your body again, bring with you this newfound perspective. Carry it into your daily life, remembering that no problem is too great when viewed with wisdom and distance.

Take a final deep breath in... and exhale slowly. When you are ready, open your eyes.

Stoic Meditation Scripts (10 Minutes Each)

2. Negative Visualization (*A Meditation on Gratitude & Resilience*)

[Introduction – 1 Minute]

Find a quiet and comfortable place. Close your eyes and take a slow, deep breath in... and out. Let your body relax, your mind settle. Today, we will explore the power of gratitude by imagining the absence of what we cherish.

[Grounding – 2 Minutes]

Bring your attention to your breath. With each inhale, feel the richness of life flowing through you. With each exhale, release tension and distraction. Notice your surroundings—the air against your skin, the quiet sounds around you. These are all gifts, though we rarely stop to appreciate them.

[Visualization – 3 Minutes]

Now, bring to mind something or someone you deeply value. A loved one, a place of comfort, a skill, your health—anything that brings meaning to your life. Picture it vividly.

Now, imagine—just for a moment—that this thing is no longer there. Imagine waking up tomorrow, and it is gone. How would your life feel without it? What emotions arise? Perhaps sadness, loss, or longing. Simply observe these feelings. Let them be.

Now, return to the present. That person, that place, that ability—it is still here. You still have it. Feel the warmth of gratitude rising within you. Appreciate it as if seeing it for the first time.

[Reflection – 2 Minutes]

How often do we take these gifts for granted? How often do we assume they will always be here? The nature of life is change, and nothing is guaranteed. But instead of fearing loss, let this awareness make you cherish each moment more deeply.

What will you do today to express your gratitude? A kind word to a loved one? A moment of stillness to enjoy your health? A renewed appreciation for something simple?

[Return & Closing – 2 Minutes]

Take a deep breath in... and exhale slowly. Let this gratitude settle into your heart. Carry it with you, letting it shape the way you see the world. When you are ready, gently open your eyes.