

Guided meditations for you **Promoting mindfulness, well-being** **and relaxation**



Kirsty O'Callaghan has facilitated and taught meditation and proper relaxation to groups for over 18 years. During that time she recorded and released two meditation CD's, *Relaxation for You*, with two guided tracks on each. Here, she shares with you YouTube links so that you can enjoy all four of these recordings. Find yourself a comfortable space, where you won't be distracted for about 20 minutes, close your eyes, and enjoy.

1. **Guided meditation for deep relaxation and develop inner stillness.** You begin by being guided into a deep relaxed state, accompanied by beautiful relaxing music. This meditation, spoken by Kirsty, will support you to experience a deep inner stillness.

Link: <https://youtu.be/qWx7hRgpEYU>

2. **Guided meditation to weed and cultivate your inner garden.** Again, you are guided into a deep relaxed state, and accompanied by beautiful relaxing music. This meditation, spoken by Kirsty, will support you to weed and cultivate your inner garden (your mind), so you can reduce negative thinking and worries.

Link: <https://youtu.be/zEb5e-HKdQY>

3. **Guided meditation to affirm and promote confidence and self-worth.** Again, you are guided into a deep relaxed state, and accompanied by beautiful relaxing music. This meditation, spoken by Kirsty, will support you to be calmer and promote your self-worth and confidence.

Link: <https://youtu.be/fh8P9ybiz5k>

4. **Guided meditation to enjoy your inner smile.** Again, you are guided into a deep relaxed state, and accompanied by beautiful relaxing music. This meditation, spoken by Kirsty, will support you to enjoy your inner smile and boost your immune system.

Link: https://youtu.be/fa_4uwXDNUo