



Cape St Albans Sitting Meditation

**ALLOW 20
MINUTES**

Wear warm comfortable clothing. Grab the CABN X yoga mat and find a quiet space where you can connect to yourself and the natural surroundings easily. Check out our favourite wellness spots highlighted on the map. Remember, you can modify this script to suit your personal preferences or add any additional elements that resonate with you.

Sit comfortably with your spine upright and your palms resting gently on your thighs. Close your eyes and take a few deep breaths, allowing yourself to settle into a state of relaxation.

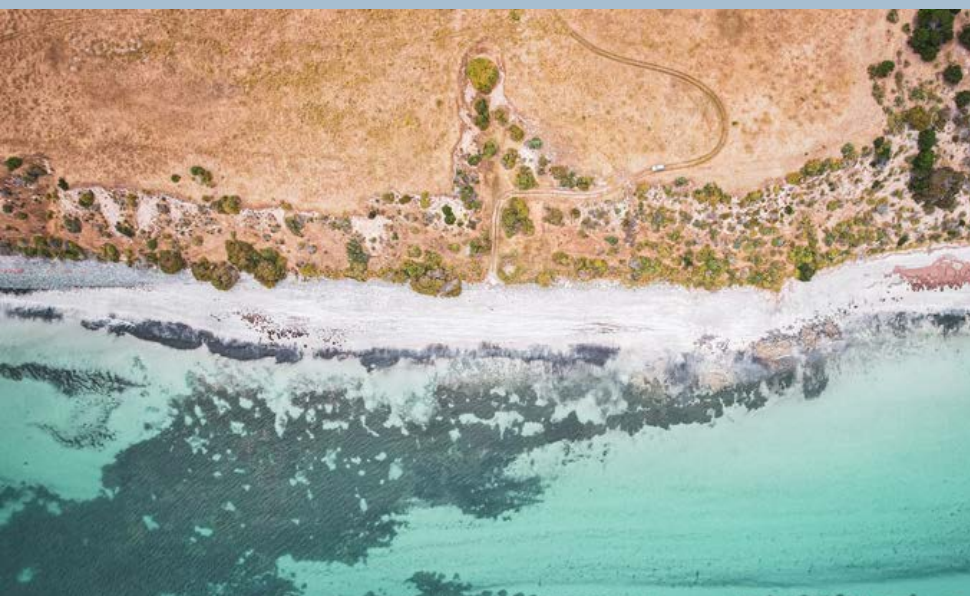
Observe your breath as it flows naturally, feeling the rise and fall of your abdomen and the sensation of air passing through your nostrils.

Visualise roots growing from the soles of your feet, extending deep into the earth. See these roots anchoring you firmly to the ground, connecting you with the nourishing healing energy. Take a moment to feel the support and stability provided by this connection and allow yourself to receive the unconditional love from the Mother Earth. Chant or silently repeat the following Sanskrit mantra, connecting with its meaning:
"Om Shanti, Shanti, Shanti."

This mantra translates to "Om, peace, peace, peace." As you recite it, envision yourself surrounded by the tranquility of nature, the gentle rustle of leaves, the soothing sound of flowing water, and the harmonious energy of the natural world.

Now, imagine a brilliant sphere of white light above your head. Visualise this light expanding and descending gently, enveloping your entire body with its radiance. Feel the warmth and brightness of this white light as it fills every cell of your being. Sense this universal light as a source of healing, purification, and guidance. Let it wash away any tension, stress, or negativity that you may be holding onto.

Now imagine yourself standing on the soft sand of Kona beach. Feel the warmth of the sun on your skin and the gentle breeze playing with your hair. As you take a deep breath, you can smell the salty ocean air and hear the soothing sound of waves crashing against the shore. As you gaze out toward the ocean, notice the vastness of the horizon. The sea stretches out before you, merging with the land and sky in a seamless blend of blues, whites, and browns. Feel a sense of expansiveness and freedom as you take in the breathtaking view. Now, listen to the rhythmic sound of the waves as they roll onto the shore. Visualise a family of playful dolphins leaping through the waves, their sleek bodies shimmering in the sunlight. Hear the gentle swishing and bubbling of the water as it recedes back into the ocean. With each wave, imagine it washing away any tension or stress you may be carrying, leaving you feeling lighter and more at peace.



Credit: Chris Bray

Now repeat the following affirmation silently or aloud:

"I release what no longer serves me. I let go of worries, fears, and limitations. I open myself to new possibilities and embrace the present moment with love and gratitude."

Continue to sit in stillness, allowing yourself to be fully present in the moment. Observe your breath as it flows naturally.

If your mind wanders, gently guide your attention back to your breath, the visualisation, affirmations, or Sanskrit mantra.

When you're ready, gently bring your awareness back to the present moment. Before you finish, express gratitude for the grounding energy of Mother Earth, the universal light that surrounds you, and the peace and connectedness you have cultivated within.

Wiggle your fingers and toes, slowly open your eyes, reorienting yourself to the space around you. Carry the calmness and sense of connection you experienced in this meditation with you as you continue your day at Cape St Albans.

We hope you are feeling relaxed, reenergised and reconnected.



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