

DAVID LLOYD Script - FREEDOM

Introduction

Welcome to **Spirit Dance Meditation**

My name is Lindsay

This is a guided journey of **dance** and **meditative self-discovery**. We are going to **connect** with the **music**, **live in the moment** and **set ourselves free**.

When you put the headphones on you will notice that there is a little black dial on the side of one of the headphones. This is your **volume control** so you may turn the music up or down to find the perfect volume for your meditation journey.

The vibration sound you can hear right now is designed to help you slow down, come into the present moment and drop inside.

If it feels good for you, I invite you to close down your eyes, come to your breathe unless you have an injury or something you would like to share with me before we start this practice.

(opportunity now to screen for injuries)

In this practice we are moving with the intention of FINDING MORE FREEDOM

Find the right position for you sitting, lying or standing

If it feels good softly close your eyes

And **place one hand on your heart** and one on your belly.

Let this incredible vibration hold you and support you.

The first part of this practice is all about 'TUNING IN'

Can you tune in with the vibration sound?

Can you feel this grounding vibration in your body?

Come home to your breath, your connection to the earth and this present moment.

Can you let your knees soften

Your belly soften

Your shoulders relax

Your face soften

And your jaw relax

Take a breath in and exhale with a long sigh. Ahhhhh Don't be afraid to open your mouth and make noise.

Meditation is the only way to **find freedom** from stress

Let it take you to a dimension beyond the mind.

All stress and struggle are of the mind.

Release your mind come home to your body and heart

And set yourself free!

Listen and **tune into your body**, what is your body telling you through its sensation-based language?

What is your body asking for?

TUNE IN SECTION - MUSIC COMES IN

If it feels good start to intuitively move with this music

Enjoy the music as it helps you and guides your movement

Stay with this moment that you are experiencing right now.

Bring your awareness to your shoulders, your neck and head.

To your chest space and heart and then down your arms and into your hands and fingers

Let your awareness travel all the way down your spine to your hips and pelvis

Let your knees bend so you can move your hips

Bring your awareness down your legs and into your feet.

Feel the ground

Our only cage in this life is our thoughts

The idea of this practice is to release the mind and come home to the body

At the beginning of this practice, it's normal to be in your head, it is where we spend most of our time navigating this world.

Try not to judge yourself. Have compassion for the thoughts that are arising

Allow what is arising to just move through you by feeling it

You don't need to judge it, You just need to feel it

Everything is temporary

Emotions, thoughts, people, scenery

Can you move and feel without attachment?

Let it move through you and flow with it

DANCE SECTION

The next part of this practice is all about **MOVEMENT and really setting ourselves FREE!**

Its time to feel into your incredible energy

If it feels good I invite you to shake until you feel like your awareness has dropped even deeper into your body

Really feel your feet on the earth

Bend your knees and allow your hips to move

For this part of the practice if it feels good **I invite you to open your eyes**

Feel into the fluidity of your hips

Let this fluidity move up your spine as you breath

Connect with your heart space

Allow this energy to travel down your arms and into your hands

Breathe

If you feel yourself coming up into your head try closing your eyes and shaking

Try rhythmically bouncing to this music

And breathe.

Feel into your deepening connection with your body and energy

Can you feel into this energy?

Allow your heart to open

Move like you

Trust your body knows what to do

Trust the intelligence of your body

If it feels good, allow the movements to become bigger

Let the energy move through you

Let this music help set you FREE

Release all the things that no longer serve you as you move

Shake, stomp and move like you

If in our hearts we cling to anything, then we cannot be free

Release the the people, the possessions, the belief systems

Heavy emotions don't come up to punish us

They come up to LIBERATE us!

Breathe Feel your feet on the ground

Feel into the deep presence of this moment

Your feet-on-ground

Hear the sound of the music

Breathe

Your body knows what to do, let it move through you.

LET GO SECTION

If it feels good, maybe you want to **close your eyes** and travel inwards again

Or if you feel like keeping your eyes open, bring your awareness with curiosity to what your eyes are choosing to take in, as they anchor you into this present moment.

Breathe, feel the ground

Sigh

Feeling grounded, and connected to this present moment that you are experiencing.

What is moving through you now Now

If it feels good Sigh

The last part of this practice is all about **LETTING GO**

Feeling your heart, belly, your legs and your connection with the earth.

Feeling into the sense of SPACE and FREEDOM that you have found in your body

If it feels right slowly and softly make your way down to lying on the ground

Feel earths gravitational pull

Releasing what no longer serves you.

Let it go and give it to the ground

Relax.

Relax, open and release.

Keep relaxing. Relax your shoulders, your Jaw and relax your heart.

The moment we let go, is the moment we find freedom

Surrender, Just let it all happen.

YOU ARE FREE

Now coming back into land, feeling your breathe, the clothes on your skin

The ground, when you are ready softly open your eyes

Slowly make your way back to a seated position

Lets close this class in a circle.

It's time to take the Headphones off

How are we all doing?

Can you share with me one word for how you are feeling right now?

Thank you all so much for sharing this dance meditation journey with me.

Wishing you all a beautiful day

