Guided Meditation
Scripts & Audio Downloads

MAGICAL INNER JOURNEYS
GUIDED MEDITATIONS
WITH ANNE MARIE BENNETT

VOLUME 1- INNER VOICES

The Bus Ride
Inner Critic
Inner Child

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Purchasing these written scripts gives you permission to:

1. Use the meditations for your own personal inner work

2. Use the meditations in group settings where you read the scripts aloud (or play the recordings) to facilitate a guided experience for others.

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Lots of love, deep inner listening, and creative energy were called forth for the creation of these guided meditations. Please honor and respect Spirit, from whence they were born.

To give feedback or to contact the author, please email annemarie@kaleidosoul.com.

These Magical Inner Journeys are brought to you by ............

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Spinning the fragments of your world into wholeness and beauty through SoulCollage®
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Introduction

If you choose to use one or more of these scripts to facilitate a guided meditation experience for others, please preface the journey for them by reminding them that not everyone “sees” things during a guided meditation. This is very important, because our goal is for them to move a bit closer to their own soul during the journey, not to give them one more reason to believe they’ve failed.

In the years that I’ve been using these guided meditations, many people have shared experiences with me where they weren’t able to see anything, but they did hear something. Or they felt the environment with imaginary kinesthetic touch. Or they just had a deep sense of inner knowing about something during the inner journey. All of this is perfectly okay!

And once in a while, someone doesn’t see, hear, feel or imagine anything. That’s perfectly okay as well. Certain inner journeys just don’t “fit” with some people. And sometimes, a guided meditation needs to be listened to and experienced more than once in order to sufficiently relax and open up a person’s inner world.

Also, at the end of facilitating one of these Inner Journeys, please allow participants ample time to process their experience. You might want to give them several minutes to write in their journals, or you might want to invite small group voluntary sharing. It also might help to make yourself available afterwards for a personal conversation about their experience within the meditation.

It’s really important that each person have a way to express and integrate the guided meditation experience. For some people, this means verbal sharing with others; for others, this means time to absorb it quietly and in solitude, into their own reality.

Each of these Magical Inner Journeys was given to me as a direct gift from Spirit. I hope that you enjoy experiencing them and facilitating them as much as I have. Thank you for your interest, and I wish you many blessings on all of your own inner journeys.

If you have any questions, please email me: annemarie@kaleidosoul.com
A Word About Inner Voices

Our inner voices are also known as our inner parts, or personality aspects. I personally like referring to mine as a Committee. I simply think of a big conference table in an office building, and everyone sitting around it are individual parts of ME that have something to say about what I do and who I am.

You could also think of it as your inner family, and picture them sitting around a big dining room table. And of course, each family member has something to say, an opinion to give.

There are basically three kinds of inner voices:

a. **parts that you love about yourself**- these are inner voices that make you feel really good about yourself. Examples: creative one, intelligent one, mystical child, lover of solitude

b. **parts that get in the way of your bright, beautiful self**- these are the darker, more shadowy inner voices that we don’t like to admit we own. Examples: inner critic, wounded child, couch potato, not good enough.

c. **neutral parts/roles that we play**- these inner voices are defined by your relationships to others and by your own gifts and talents in the world. Examples: teacher, gardener, wife, grandmother, business person

When working with the guided meditations below, please keep in mind that everyone’s experience will be different, including yours. Be open to whatever happens.

The most important thing is getting to know each and every one of these parts of your inner world. You need to honor them, name them and give them some space to breathe. This is the only, only way to begin to make peace with them.

If you are practicing SoulCollage®, you can do this by creating cards for each of your inner voices, even the shadow parts that get in your way. There are journaling exercises you can do as part of the SoulCollage® process that will help you to get to know these inner voices better. You’ll find more information about this on this page: http://www.kaleidosoul.com/soulcollage-cards-interpreting.html

And there are more resources on this fascinating topic here: http://www.kaleidosoul.com/innervoices.html
Audio Downloads

**Intro Track (2:30):**

To listen online, click here:
http://www.audioacrobat.com/play/WSwcFgbs

To download as an mp3 file, click here:
http://amber56.audioacrobat.com/download/1ac6d268-5202-5cb3-ad05-0736349032f0.mp3

**The Bus Ride (Meeting Your Inner Committee) (14:36):**

To listen online, click here:
http://www.audioacrobat.com/play/W0bt8DBs

To download as an mp3 file, click here:
http://amber56.audioacrobat.com/download/f97c10e8-578d-bae5-4b8c-597fe49c4bc8.mp3

**Inner Critic (19:17):**

To listen online, click here:
http://www.audioacrobat.com/play/WQ9Pl5Fs

To download as an mp3 file, click here:
http://amber56.audioacrobat.com/download/f678fd29-a2df-0210-c4f7-f51435981d83.mp3

**Inner Child (18:34):**

To listen online, click here:
http://www.audioacrobat.com/play/Wkm8qBBs

To download as an mp3 file, click here:
http://amber56.audioacrobat.com/download/82c93773-e6b8-bee6-de78-a04ba21b3382.mp3
Begin by making yourself comfortable… take some deep breaths, notice your body and how it is feeling right now….. breathe slowly in…. and slowly out … acknowledge yourself for taking the time to come here today…. Breathing in…. and out…. Listen to the sound of your breath…. Imagine yourself connected to all the other kindred spirits who are listening to this with you….. breathing in….. and breathing out…. There’s nothing to do….there’s nowhere to go…… notice if there’s any part of your body that is tight or uncomfortable, and breathe for a moment into that part of your body, or adjust your position until that part is able to relax more and more….. breathing in and out…. You are becoming more and more relaxed…. Breathing in and …. breathing out….

Now imagine yourself walking in a place that you love….. a city…. or near the ocean…. in the woods…. maybe your back yard…. You’re walking and taking in all the sounds and sights that are around you…… breathing in and out….. you’re not in a hurry… just walking, just curious about what you’ll discover on this walk….PAUSE…

Pretty soon you come to a bus…… this is the bus that is holding all of your inner committee members, all of the different voices that live inside of you…. They are all on the bus…… it is parked , and not moving…… I want you to stop walking when you are about 10-20 feet away from it and just look at it for a while.

Notice what color it is…. School busses are yellow, and transit busses are blue and silver… but what color is YOUR bus?

Busses usually have writing on them …. Either on the sides, indicating where they came from…. Or on the front above the windshield….. describing where they are going….. Does your bus have any writing on it?

Feel free to walk all the way around your bus now…. Looking at it from all sides… Remember, inside this bus are ALL of your inner committee members….. notice how you are feeling about this bus…. Are you curious?…… are you a little afraid? Remember that this is a perfectly safe place and that YOU are the one in charge of this inner journey…. It is your journey and yours alone….

Now when you’re ready….. I want you to approach the bus….. slowly or quickly, it’s up to you….. pause when you reach the door…. Knock three times on the door…… watch as it opens to you from the inside…… climb the three steps into the bus……

First, look at the driver’s seat. Is there a part sitting there already?? It’s really YOUR seat, you know, the driver’s seat…. But a part of you might have taken over that driver’s seat, with or without your permission…… if someone is sitting there, politely ask them to get out of the
driver’s seat and go back to their own seat in the bus…… then I want you to sit down in the
driver’s seat……. Adjust the rearview mirror…… who do you see there…. On your bus?  Just
notice who is there…. What are they wearing…. What do they look like?……. Some parts are
probably smiling and waving to you….. some parts might just be sitting there quietly…. Some
might be yelling and arguing to get your attention….. some parts might be wearing masks, or be
completely covered up because they don’t want you to know them….yet.

Notice how you are feeling about being in the driver’s seat of your inner committee’s bus……
that YOU are in charge…… whatever you are feeling is ok….. each of these passengers
represents a part of yourself…. and each one carries a special gift for you….. they are each there
to teach you something about yourself and your world…. It is only your job to watch and listen
and be curious…

Now you’re going to turn the key in the ignition……. Put the bus in gear…. And drive….  Simply drive…… or maybe your bus has special powers and it flies…… just steer your bus
forward……

When you’re comfortable with the controls of your bus….. and you’re still driving…. Notice
that there’s a microphone attached to the dashboard….. pick up the microphone and make this
announcement… “Who would like to come up here and sit next to me in the passenger seat for a
while? Does anyone have anything to say to me right now about what’s going on in my life?”
Then sit back, keep driving…. And watch what happens…..

…… allow one of your committee members to come forward…. It might take a while…. Or
someone might leap right into that seat beside you……. Whatever happens, it’s ok….

…. As you drive, spend a few minutes talking with this part of you who so graciously
volunteered to step forward……. Ask it what it wants to say to you…… ask it if it brings you a
gift….. ask it if it needs anything from you right now……. And then just listen… you don’t have
to DO anything except drive the bus…..

…………

Now it’s time to come back from this inner journey….. .so drive back to the spot where you first
found your bus……. park the bus carefully…… stand and bow to the committee member who
was sitting in the passenger seat with you….thank him or her for sitting and talking with you
today….. then open the door, climb down the steps of the bus….. and begin your walk back to
this time, this place, this space that you’re in….

Begin to feel your body resting on the chair or the floor……. Take a few deep breaths in and
out……. Wiggle your toes, shake out your legs…. Still breathing…. Come back to your
body……

Spend a few moments writing notes or drawing what this experience was like for you.
Take a deep breath and allow your eyes to close…. give your body permission to relax and be comfortable.

Allow your body to experience the contact that it makes with the chair and with the floor, and let it adjust itself in any way it needs to in order to be fully comfortable.

And as you tune in to the rhythm of your breathing, imagine that when you inhale you’re inhaling a little bit of the sky, and it’s very clear and very refreshing. As you inhale, let sky fill your body with lightness and openness, clearness and refreshment…let it fill your being with light and clarity and ease….

And as you exhale, imagine that you’re letting go of everything that’s old and stale and stressful…. As you exhale, you’re letting go of voices that say “you can’t” or “you won’t” or “you shouldn’t”…

Inhaling the light, clear sky….exhaling that which is causing you stress…

Each breath you take relaxes and refreshes you…. Your breathing and your mind are becoming clearer and clearer…. Your body relaxes a little bit more with each inhale and exhale….

Allow your imagination to be open and receptive…. Breathing in….. and breathing out….

Now…. Imagine yourself driving in a beautiful car…. You decide what kind of car it is… down a sunny California street…. Palm trees are waving gently in the breeze… and you are feeling that all is right with your world…. You are driving along… feeling safe and secure in your wonderful car….. feel your body as it rests against the seat…no one is in the car but you…. The radio is tuned to your favorite station… or maybe you’ve turned off the radio….. just listen… what do you hear as you drive along this beautiful California street?…. can you smell the leather of the car seats….. can you smell exotic flowers as you drive by homes with beautiful gardens…. Or maybe you can smell the salty Pacific Ocean…..

Notice how you’re feeling as you’re driving your own beautiful car…. In control…. Happy…. Powerful….

Now….. you are approaching the parking lot of a large motion picture studio… it’s on the left side of the street…. So turn your left signal light on…. And turn into the parking lot….. you stop at a gate and cheerfully tell the attendant your name….He smiles at you and waves you in……

So…. Drive your car into the parking space closest to the main entrance of this movie studio….notice that in the center of this parking space is a large bright yellow star….with YOUR name inside it in glittery letters……
Now just take your time and get out of the car….. close the door…. and make your way into the big door of this movie studio….. when you get inside, you notice lots of people bustling around…. You realize that you are on the set of a very important film…. And that film is telling the story of your life……… and you are not only the star of the film, you are also its Director…..

So…. Find your way across the set to your very own Director’s Chair….. it’s a special chair with an oak frame and blue canvas seat and back… your name is embroidered on the back in beautiful bright colors…. You approach the chair from behind, admiring your beautiful name on the chair… but…. Something isn’t right…. There is someone else sitting in your chair….. your inner critic is occupying YOUR Director’s Chair… and not only that, she is actually directing your film!…..

Watch your inner critic for a minute….. just stand aside…. And notice what part of your life is being filmed right now…. And how your inner critic is directing this part of your life…..what she is saying about this part of your life…. How she thinks this part of your life should be acted….

……. So now…. Remember that your inner critic is just one of your parts… that SHE is not YOU…. And remember that that Director’s Chair really does belong to YOU…. And I want you to say…. In your loudest, best Director’s voice… “CUT”…. And watch as the acting and the moviemaking stops,… Watch as all the actors and film crew turn to you to see what you want to do next…..

And just…. Give them all a break…. Say “Take Ten” or something like that…..and watch as they all move away from you now…. To other parts of the set….. and now just take a few steps closer to your Inner Critic, who is still sitting in YOUR Director’s Chair…. Say hello….. get a closer look….. introduce yourself…… smile….. everything is really okay….you are in control of this journey you’re on….. shake her hand if you feel like it…..

Now….ask your Inner Critic why she’s sitting in YOUR Director’s Chair…. And listen, really really listen to what she says….

……And now if you want to, you can ask your inner critic what she is afraid might happen if she were to get out of that director’s seat and leave the set….. and listen, really really LISTEN to what she says…..Don’t try to argue with her or talk back to her yet…..

Now….. take a moment to thank your Inner Critic for speaking with you today….. thank her for being honest with you….. and then, if you feel like you want to do this…tell her that YOU are the real director of this movie and that it’s time for you to sit in the Director’s chair again…..

Watch as your inner critic gets up from the chair and leaves the set…. Notice how it feels to sit in the Director’s Chair now…… as the cast and crew come back to the set and the filming begins again…. Notice how you feel now that your inner critic is gone…what’s it like to really be the one in charge of this movie, this film that is your life…..

So just get a sense of being the Director of your own life again…. And enjoy how that feels for a
little while….

It’s almost time to leave now…. It’s the end of the day and everyone is going home for the night…. So….. say goodbye to everyone on the set for now…. And find your way back to your beautiful car….. start the engine…. Take the wheel….. wave goodbye to the attendant at the gate….. and feel how good it feels to be driving your own car…..strong and in control….driving back through the streets that brought you to the movie studio….. driving with confidence and ease…..

And when you are ready….. come back to this time… and come back to the space that you’re in wherever you are right now….. notice your breathing….don’t try to change it… just notice it…. and feel the air as it comes into your body and then leaves….. becoming aware of your legs and maybe wiggling your toes a little….. noticing your arms again and maybe wiggling your fingers and shaking out your hands a little….. and when you’re ready, you can open your eyes and take up your journal and pen for a few minutes…..
Inner Child

So…. Take a deep breath and allow your eyes to close….. give your body permission to relax and be comfortable.

Allow your body to feel, really feel, the contact that it makes with the chair and with the floor, and let it adjust itself in any way it needs to in order to be fully comfortable.

And as you tune in to the rhythm of your breathing,…in and out…. In and out… imagine that when you inhale you’re inhaling a little bit of the sky, and it’s very clear and very open and very refreshing. Every time you inhale, let the sky fill your body with light and openness, clarity and beauty…..

And when you exhale, imagine that you’re letting go of everything that’s old and stale and stressful….responsibilities, to-do lists, chores, cell phones ringing….. Every time you exhale, just let go of all of this …. Easily and naturally…breathing in…. and breathing out…

Inhaling the light, clear sky….exhaling that which is stressful…. Inhaling…exhaling…finding your own inner rhythm of breath…..listening within….. your body is relaxing a little bit more, a little bit more, with every outbreath…..

Allow your imagination to be open and receptive….Still breathing in….. and breathing out…. You’re going to take a little journey now….. so in your mind’s eye, put on your favorite jacket and walking shoes… imagine yourself opening the door to your apartment or house and leaving… right now… in your imagination…. Leave the building you are in and close the door gently behind you….. your home will be there for you….all is safe… when you are ready to return…..

Now imagine yourself walking outside your home…. And through the power of your imagination, you can bring yourself very quickly anywhere you want…. So find yourself walking… walking… somewhere safe and beautiful and peaceful and quiet… in the woods…. Or by the ocean…. Near a river…. Or a flower-filled meadow…. Walking slowly or quickly, whatever suits you right now in this moment…. Walking at whatever pace feels most comfortable to you…..

Notice the air around you… how does it feel on your skin….. if it’s warm you might need to take off your jacket…. Maybe you want to go barefoot…. Is the sun out or is it nighttime…..Become aware of any sounds close to you or in the distance…. Birds…animals…other people….water….or just the whisper of the leaves on the trees… what do you hear……

You are walking a bit more slowly now…. And it feels like you are looking for something… you are feeling a bit tired and lonely now…and you decide that you want some company… so start looking for a cottage or a small house or another dwelling place… you will know it when you see it… your soul will recognize this place as home….
Spend a little time walking around this little house… and after a while… notice that the front door is open and a child is standing in the doorway. … Start walking towards her… this is your inner child…. When you are standing in front of her, reach out to her and hold her hands. You might want to stoop down so that you are on her level and look into her eyes….. say to her, “I remember you! I know you!”…. notice how she responds to you when you say this….PAUSE….notice everything about her… hold old is she? … what is she wearing?… what kind of shoes does she have on?…. what does her hair look like? PAUSE…

If it feels right to you…. Allow your inner child to bring you into her favorite room in this little house…. where does she take you?

As you enter this room with your inner child, notice that there is a big comfortable rocking chair there….. so go to the rocking chair… and sit in it…. and if it feels right to you… invite this precious child onto your lap…. Hold her and rock her for a while…. PAUSE… what does this feel like?….. PAUSE…. After a while… ask your inner child if there’s anything she needs or wants from you…. What can you do for her?….. How can you help her? What can you give her?… PAUSE ….Listen carefully… what is she saying to you…..

PAUSE

Now…. Continue rocking your little one….. in this beautiful room, in this comfortable and safe little house you’ve found for your soul….. rocking slowly…. Giving comfort… receiving comfort….. and just for a moment…. See if you can switch places with the child…. Just for a moment…. Imagine that YOU are the little one who is being held and rocked in the arms of a loving, tender adult being….. slowly being rocked by this loving grown-up…. if you can, allow their big, unconditional love to wash over you…. You might imagine that you are being held by an angel…. or by your own mother… or by an imaginary mother who only sees the good in you…. who only wants the best for you…. whose only response to you is love…. allow yourself to bask in this for a few moments…. you are the child…. Allow yourself to be a little girl again… allow yourself to be held and cherished….. PAUSE

Listen as this beautiful being asks you want you need or want right now…. What do you need…. What do you want…. How do you respond… what are you saying to this one who loves you just as you are… who rocks you tenderly in this beautiful safe place…. Right now, just in this moment…. What do you need…. what do you want…..

Allowing yourself to be rocked gently…. Gently rock…. now switch places again with the loving adult…. You are the loving adult who is rocking this beautiful precious child….. You might want to kiss this child on the forehead, you might want to stroke her hair…. Find some way to communicate how much you love her, how much you will always love her…

Now tell her that it’s time for you to go… and if it feels right, ask her if she would like to go with you…. Maybe she has some questions… listen and see what she has to say about going with you…..
If she has agreed…. Gently set her down on the floor and take her hand as you get up from the rocking chair…. See if she needs a coat or hat or shoes or mittens before you leave the little house… then hand in hand walk out together….. and begin to retrace your steps slowly…..

If she does not want to come with you at this time… reassure her that that is perfectly fine….remind her that you can hear her and that you can be there with her anytime she calls out for you…thank her for letting you spend this time with her today… Then say goodbye to her lovingly and begin to retrace your steps slowly…..

Walking back the way you came…. Finding your way back home….to the street that you live on…. To the apartment building or house that is yours in the real world…. Remember that you are not walking alone… this little girl is with you…. And she is in your care….. show her your home… allow her to explore….notice her delight to be sharing this time and this life with you…..

Now take a few moments to focus on your breath……. Feel your feet on the floor, your legs, your back against the chair or whatever you are sitting on….. feel your shoulders, your neck, your head….. again, feel your breath as it enters through your nose and mouth, shimmers thru your body, then exits…. Feel your stomach rising and falling with each breath…. 

Then in your own time, slowly come back to the room your are in…and … when you are ready, open your eyes…. There is no rush…. Take your time…. All is well.
Hi there! I'm Anne Marie Bennett and I'm delighted that you've decided to explore some of my Magical Inner Journeys today.

I am an author, artist, follower of rainbows, soul server, SoulCollage® Facilitator and Trainer of Facilitators. I have been imagining, creating and using these Guided Meditations since 2005 in my SoulCollage® workshops, retreats and trainings.

I deeply believe that we are all lit from within and connected to Source. I also believe that all of our inner voices (or inner parts) have important blessings to share with us, if we will only take the time to listen.

I live, love, laugh, write, sing, dream and hang out with my husband, cats and dog in eastern Massachusetts.

www.KaleidoSoul.com

www.AnneMarieBennett.com

Mark Stanton Welch is a musician, songwriter, performer, educator, facilitator and visionary. For over 20 years, his music and CDs have touched the hearts and minds of New Thought audiences worldwide. Currently serving as music director at Unity Church in San Luis Obispo (California), Mark also travels internationally to provide musical support for conferences and churches. A long-held dream to write music for authors and accompany them at workshops has been realized in a current association with intuitive Sonia Choquette. For more information, please visit www.MarkStantonWelch.com.
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