

Coastal Calm Meditation Kit

20 Guided Meditations for Deep Peace & Mindfulness

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Life by the Shore

Premium Edition | \$67
Complete Meditation Program with Scripts & Practices

Introduction

Meditation is not about achieving a blank mind or reaching some transcendent state. It is simply about returning home to what is already here: the breath, the body, this present moment.

This kit offers twenty guided meditations, each rooted in the natural imagery and wisdom of coastal living. Some meditations use visualization: watching waves, walking on sand, breathing salt air. Others use gentle body scanning or focus techniques. Still others cultivate specific emotional qualities—gratitude, peace, joy, courage.

These are not medical interventions. They are tools for cultivating presence, reducing stress, and deepening the relationship with oneself. They can be combined with professional mental health care but do not replace it.

Begin with curiosity rather than expectation. The "best" meditation is the one that is practiced. Over time, consistency reveals benefits that cannot be rushed.

To use these scripts: Read them aloud slowly, pausing at the ellipses. Or record them in your own voice and play them back. Or share them with a meditation partner, taking turns reading aloud. The voice itself becomes part of the practice.

Part 1: Foundations

Posture

Meditation can be practiced in any position where the body feels both alert and relaxed. Common positions include: sitting upright on a cushion with legs crossed, sitting in a chair with feet on the floor, kneeling on a mat, or lying flat on the back.

The key is that the spine is long and the chest is open. The body should not require constant micro-adjustments. If the chosen position becomes uncomfortable during meditation, adjust—comfort supports deeper practice.

Environment Setup

Space: Any quiet area works—a bedroom corner, a park bench, a car during lunch break. The space does not need to be exotic. Consistency matters more than perfection.

Temperature: Slightly cool is ideal. If cool, have a blanket nearby for after meditation.

Props: A cushion or meditation pillow elevates the hips and allows the spine to naturally lengthen. A blanket provides comfort and warmth. A shawl can be draped over the shoulders to mark the meditation space as sacred.

Time: Early morning or evening is ideal, but any time works if that is when practice is possible. Avoid practicing immediately after a large meal or in excessive heat.

Duration: Begin with 10-15 minutes. As comfort grows, extend to 20-30 minutes. Even 5 minutes is valuable.

Common Challenges & Solutions

Racing thoughts: The mind is designed to think. Thoughts during meditation are not failure. Simply notice each thought, release it gently, and return to the focus (breath, body, visualization).

Physical restlessness: Adjust position. Take a few conscious breaths. Restlessness often means the body needs movement before sitting. A short walk beforehand can help.

Emotional overwhelm: Sometimes meditation surfaces emotions. This is healing, not problematic. Allow the emotion to be present. If overwhelm becomes too intense, open the eyes, adjust position, or practice later.

Falling asleep: If the practice repeatedly leads to sleep, meditate earlier in the day or practice sitting upright rather than lying down. Light sleepiness during meditation is not failure.

Difficulty focusing: The attention naturally wavers. Each time it wanders and is gently brought back, that IS the practice—not a failure within the practice.

Building Consistency

Commit to practicing at the same time and place each day for the first 30 days. The nervous system responds to consistency. A small daily practice is far more valuable than sporadic longer sessions.

Use a simple calendar to track days practiced. The visual feedback of consecutive days builds momentum. If a day is missed, simply resume the next day without self-judgment.

Notice subtle shifts: easier sleep, more patience, clearer thinking, increased calm. These are the benefits that compound over time.

Ocean Wave Breathing

Duration: 5 minutes

A foundational technique using the rhythm of waves as an anchor for the breath.

Guided Script:

Find a comfortable seated position. Close the eyes gently... Begin to notice the natural rhythm of your breath. With each inhale, imagine gentle waves rolling in to shore... With each exhale, imagine them rolling back out. The waves do not hurry. They do not force. They simply move in their ancient rhythm. Your breath is like these waves—always moving, always returning. There is nothing to do, nowhere to go. Just breathe. Just be. The ocean knows its rhythm. Your breath knows its rhythm. For the next few minutes, rest into this knowing... When you are ready, gently open the eyes.

Sunrise Visualization

Duration: 7 minutes

Visual meditation watching an imagined coastal sunrise, awakening inner light.

Guided Script:

Settle into a comfortable position. Close your eyes. Begin to visualize the moment just before dawn. The sky is dark, peaceful. You are sitting on a quiet beach, wrapped in a soft blanket... Slowly, at the horizon, the first hints of light appear. Soft pinks and oranges begin to bleed across the sky. Watch this light grow, spreading wider, warmer. The sun rises higher. Its warmth reaches you. It touches your face, your chest, your entire being. This light is not just external—it fills you from within. Every cell illuminates. You are not separate from this light; you are the light. Rest in this brightness for several minutes... When you are ready, bring awareness back to the room and gently open the eyes.

Coastal Body Scan

Duration: 10 minutes

Systematic body awareness using coastal sensations.

Guided Script:

Lie on your back or sit comfortably. Begin to bring awareness to the top of your head... Imagine salt air gently touching your forehead, relaxing every line. Feel any tension melt away... Move awareness to the eyes, nose, mouth. Soften the jaw. The face is relaxed. Bring attention to the neck and shoulders. These areas often hold tension. Imagine warm sun melting any tightness. Move down to the chest and heart. Visualize each breath bringing in fresh ocean air, clearing any heaviness. Scan the belly, lower back, feeling the body supported, safe, held by the earth beneath you. Move to the hips and upper legs. Any tightness simply releases. Notice the sensation of contact between the body and whatever you are sitting or lying upon. Bring awareness down the shins, ankles, feet. Imagine your feet rooted like mangrove trees, drawing nourishment from the earth. Rest in this full-body awareness. Every part is acknowledged, relaxed, at peace.

Sand Between Your Toes (Grounding)

Duration: 6 minutes

Grounding practice for presence and connection to earth.

Guided Script:

Find a comfortable position. If possible, sit or stand barefoot. If not, simply imagine this sensation... Bring full attention to your feet. Visualize standing on warm sand, just where the waves have dampened it. The sand is cool below, warm above. It shifts slightly with each small movement. Feel each grain—there are millions, each one distinct. Feel the sand between your toes. It does not judge. It does not demand. It simply holds you, grounds you, connects you to the earth. With each breath, feel yourself becoming heavier, more rooted. Your feet are anchored. From your feet, roots grow deep into the sand, into the earth beneath. You cannot be blown away. You are safe, held, grounded. Rest in this stability for several minutes.

Lighthouse Focus

Duration: 8 minutes

Concentration practice using a mental focal point like a lighthouse beacon.

Guided Script:

Sit upright. Close your eyes. In your mind's eye, see a lighthouse standing on a rocky coast... The light rotates slowly, steadily, with perfect rhythm. This is your focal point. Thoughts may arise like clouds passing by the lighthouse. Notice them, but do not follow them. Return attention again and again to the light, rotating steadily. This is not a failure when you wander. Each return to the focal point is a strengthening of attention. The lighthouse does not move. It stands constant through storms and calm. Your attention, like the lighthouse light, can be steady and constant. For the next several minutes, rest in the presence of this light, bright and unwavering.

Tide In Tide Out (Letting Go)

Duration: 9 minutes

Release meditation using the metaphor of tidal movements.

Guided Script:

Find a comfortable position. Begin to notice your natural breath... Imagine yourself standing on the shore as the tide comes in. Thoughts, worries, tensions come in with the tide. Notice them. They are natural, part of the cycle. Do not resist them. But like the tide, they also recede. With the exhale, feel the tide moving back out. Pulling with it all that no longer serves. Tension flows out. Worry flows out. Resistance flows out. The shore is cleansed by the outgoing tide. You too are cleansed with each exhale. Thoughts come in. Thoughts go out. You remain, stable, present, unchanged beneath the cycle. For several minutes, rest in this knowing. The ocean breathes through you. You are safe.

Starfish Stretch

Duration: 7 minutes

Gentle full-body awareness and expansion.

Guided Script:

Lie on your back. Spread your arms and legs wide, like a starfish floating in calm water... Feel the points of contact: the back of your head, your shoulders, lower back, heels. Expand the awareness outward. Your fingertips extend far. Your toes extend far. You take up space. This is not selfish. This is natural. The starfish sprawls. It does not apologize. With each breath, expand a little more. Fill the space you occupy. Feel yourself floating in warm, supportive water. You are buoyant. You are held. You are enough. For several minutes, rest in this expansive, embodied awareness.

Moonlit Shore

Duration: 8 minutes

Evening meditation for reflection and gentleness.

Guided Script:

Close your eyes. Visualize a beach at night, bathed in moonlight... The moon is full, bright, casting a silver path across the water. The beach is quiet. You are walking slowly along this shore, your footprints appearing and disappearing in the sand. There is nothing to do, nowhere to hurry. Just the sound of gentle waves. Just the feeling of cool air. The moon watches over everything with tenderness. The night is safe. The darkness is not threatening—it is restful. Rest here for a while. Let the moonlight touch your face. Let it soften what has been difficult in the day. The night offers repair, renewal, rest. You are welcome here. You belong.

Harbor of Calm

Duration: 10 minutes

Safe space meditation for deep refuge.

Guided Script:

Begin to visualize yourself approaching a sheltered harbor... The water is perfectly still. Tall cliffs or land formations protect it from storms. This is a sanctuary. This is a safe place. Your boat (whether real or imagined) enters slowly, gently. You moor here. You can rest. Nothing is asking anything of you right now. There are no demands, no storms, no forcing. You belong in this harbor. It has always been here, waiting for you. Breathe in the calm air. Feel your nervous system settling, trusting, relaxing. Your body knows it is safe. Your mind begins to quiet. You can remain here as long as needed. This harbor is always available to you—a refuge you can return to anytime through meditation.

Sea Glass Collection (Gratitude)

Duration: 7 minutes

Gratitude practice focused on noticing small beauties.

Guided Script:

Visualize walking along the shore after a storm, looking for sea glass... You find a piece, smooth and frosted, transformed from broken glass into treasure. With each step, you find another: a piece of blue, a piece of green, rare and beautiful. Each piece began as something sharp and broken. The ocean transformed it into something exquisite. Bring this lens to your own life. What challenges have been transformed into treasures? What difficulties have taught you, shaped you, refined you? Begin to mentally collect these moments. Perhaps a loss led to unexpected freedom. Perhaps a failure led to a different path. Perhaps pain deepened your compassion. These are the sea glass moments of your life—rough experiences that became beautiful and meaningful. Rest in gratitude for these transformations.

Dolphin Play (Joy)

Duration: 8 minutes

Joyful meditation cultivating lightness and playfulness.

Guided Script:

Picture yourself in shallow, warm water, dolphins nearby... They move with grace and joy, leaping, spinning, utterly present in this moment. They are not concerned with the past or future. They play. They are alive. They are here. Notice how their energy is contagious. You begin to smile. Permit yourself to play mentally—imagine splashing, spinning, laughing, moving with abandon. When did you last play? When did you last feel joy for its own sake, with no purpose beyond the joy itself? Dolphins remind us that joy is not frivolous. It is essential. It is the experience of being alive. For this meditation, let joy bubble up naturally. Do not force it. Simply make space for it. Allow smiles, lightness, ease.

Coral Reef Discovery

Duration: 9 minutes

Exploration meditation discovering inner beauty and complexity.

Guided Script:

Imagine snorkeling over a coral reef... The water is clear, warm, full of light. Below you, an entire ecosystem thrives. Corals in every shape and color. Hundreds of fish, each with its own pattern. Some are large and obvious. Some are hidden, small, easy to miss if not paying attention. The reef is complex, intricate, beautiful in ways that reveal themselves only through patient observation. This reef is like your own inner world. There is so much within you that has not yet been explored or appreciated. Layers of learning, sensitivity, gifts, stories, dreams. They are all here, waiting for kind attention. Take this meditation to gently explore your own inner landscape. What do you discover? What has been overlooked? Begin to see yourself with the wonder of someone discovering a coral reef for the first time.

Horizon Gazing

Duration: 6 minutes

Open awareness meditation expanding perspective.

Guided Script:

Stand or sit at the edge, looking toward the horizon where ocean meets sky... The line is clear yet infinite. The expanse is vast. Your gaze softens and rests on this line. All the details fade—the individual waves, the specific clouds. Your awareness widens to take in the whole. As you gaze at this horizon, let your mind expand as well. Soften the tight focus on daily worries. See your life within a larger context. See beyond what is immediate to what is possible. The horizon represents potential, space, freedom. You are not trapped in a small box of current circumstances. Life extends far beyond what can currently be seen. Rest in this expansive perspective.

Driftwood Release

Duration: 8 minutes

Letting go of past hurts and resentment.

Guided Script:

Visualize holding a piece of driftwood—something once living, once rooted, now worn smooth by time and ocean... This driftwood represents something you have been holding: a hurt, resentment, anger, disappointment. You have carried this wood for a long time. It has become part of how you move through the world. But you are ready to set it down. The ocean will carry it. It will not disappear, but it no longer needs to be held by you. With each exhale, loosen your grip slightly. Feel the driftwood becoming lighter. When you are ready, release it into the water. Watch it float away, transformed by the current. Your hands are now free. Your heart is lighter. What becomes possible now that you are no longer holding this?

Whale Song Deep Relaxation

Duration: 12 minutes

Extended deep relaxation using gentle imagery.

Guided Script:

Lie down. Close the eyes. Imagine yourself deep beneath the ocean, in the realm of whales... The light is dim, blue-green, peaceful. Pressure is gentle. There is no hurry here. There are no demands. You hear the whale song—long, complex, beautiful, echoing through the water. It is calling. The sound is not singing to you to fix anything or achieve anything. It is simply expressing the beauty of existence. Let this sound wash through you. Let your breathing match the rhythm of the whale song. Deep, slow, steady. Your body becomes heavier, more relaxed with each breath. You are sinking deeper. The pressure is pleasant. All tension dissolves. You are held by the infinite blue. Time disappears. There is no anxiety here. Only depth. Only peace. Only this moment. Rest here for as long as you wish.

Island Sanctuary

Duration: 9 minutes

Personal refuge meditation creating inner safe space.

Guided Script:

Close your eyes and begin to imagine your own personal island... What does it look like? Tropical beaches or rocky shores? Cliffs or gentle slopes? Forests or open fields? Your island is perfectly suited to you. Create it in complete detail. What do you see, hear, smell? Notice the quality of light, the temperature, the sounds. This is your sanctuary. No one can enter without your permission. Here, you are completely safe. You may spend this meditation exploring, resting, creating, reflecting—whatever serves your deepest needs. Your nervous system recognizes this as a place of refuge. When you return to daily life, you can always retreat to this island. It exists within you, always available, a sanctuary you have created and can visit at will.

Salt Air Cleanse

Duration: 7 minutes

Purification meditation using sensory imagery.

Guided Script:

Begin to breathe in deeply through the nose, imagining cool salt air from the ocean... With each inhale, feel the salt air moving through your nostrils, down the throat, into the lungs. This air is purifying. It cleanses your respiratory system, your bloodstream, every cell. As you exhale, imagine releasing stale air, toxins, anything that does not serve your highest good. Each cycle cleanses you further. The salt air is ancient, pure, powerful. With each breath, feel yourself becoming clearer, lighter, more vital. Physically, mentally, emotionally, spiritually—cleansed. The ocean air carries the energy of renewal. You are refreshed from the inside out.

Coastal Garden

Duration: 8 minutes

Growth and nurturing meditation with nature imagery.

Guided Script:

Imagine a beautiful garden growing on coastal land, where ocean breezes meet rich earth... The plants here thrive despite challenges. Salt spray, strong winds, intense sun. Yet they grow. They adapt. They send roots deep. They flower magnificently. You too are rooted in rich earth. You too are tended by wind and sun and rain. Your roots are strong. Your capacity to grow is limitless. The challenges you face are not reasons to wilt. They are the conditions that strengthen your roots and deepen your beauty. What would you like to nurture and grow in the seasons ahead? Plant this intention in the rich earth of your being. Water it with attention and compassion. Watch it flourish.

Sunset Surrender

Duration: 10 minutes

Evening meditation releasing control and trusting the cycle.

Guided Script:

Visualize watching a sunset over the ocean, the sun descending toward the horizon... The sun does not resist. It does not cling. It simply follows its ancient, inevitable rhythm. Day ends. Night begins. The sun releases its grip on the sky and surrenders to the darkness. And in this surrender, there is peace. There is trust. There is natural order. Bring this to your own life. What are you trying to control? What would shift if you released your grip? Where does the universe (or your own deepest wisdom) already know what needs to happen? As the sun surrenders to night, surrender to the natural unfolding of your life. Trust that you are being held by something larger than your individual will. Release. Let go. Watch the colors deepen, fade, transform. Beauty exists in the ending.

Ocean Floor Stillness

Duration: 11 minutes

Extended meditation on deep peace beneath surface turbulence.

Guided Script:

Imagine descending through ocean water, deeper and deeper... At the surface, there may be waves and storms. But the deeper you go, the quieter it becomes. At great depth, all is still, dark, peaceful. This is the ocean floor. This is the deepest place. Here, nothing moves. Nothing rushes. Nothing demands. This stillness has always been here, beneath every storm, every tumultuous wave. You can access this stillness within yourself, below the surface turbulence of thoughts, emotions, daily life. Your deepest self is still, calm, eternal. Descend into this internal ocean floor. Rest at the bottom, held by absolute peace. Everything is okay here. You are completely safe. Remain in this stillness for as long as needed.

Part 3: Breathwork Library

The breath is the bridge between the conscious and unconscious. These techniques can be practiced standalone or integrated into meditation.

4-4-4 Box Breathing

Inhale through the nose for 4 counts. Hold for 4 counts. Exhale through the nose for 4 counts. Hold empty for 4 counts. Repeat 5-10 times. This balances the nervous system and clarifies the mind.

Coastal Belly Breathing

Place one hand on the chest, one on the belly. Breathe so that the hand on the belly rises more than the hand on the chest. This full, deep breathing activates the parasympathetic nervous system. Practice for 2-5 minutes, allowing the rhythm to slow naturally.

Extended Exhale Relaxation

Inhale for a count of 4. Exhale for a count of 8. The longer exhale signals safety to the nervous system. Practice for 5-10 minutes or whenever stress is present. Can be used throughout the day in challenging moments.

Ocean Ujjayi Breath

Slightly constrict the throat to create a soft, oceanic sound during both inhale and exhale. This audible breath creates a focal point for attention and was traditionally used in yoga practice. Use during meditation or anytime focus is needed.

Alternate Nostril Balancing

Close the right nostril. Inhale through the left for 4 counts. Close both. Hold for 4 counts. Open the right, close the left. Exhale through the right for 4 counts. Reverse the pattern for the next round. Continue for 5-10 minutes. This balances the nervous system.

Humming Bee Breath (Bhramari)

Inhale through the nose. On the exhale, hum, creating a vibration in the head and throat. The hum should be gentle but clearly audible. Continue for 1-2 minutes. This vibration is calming and centering.

Part 4: Mindfulness in Daily Life

Mindfulness need not be confined to formal meditation. These micro-practices can be woven throughout the day, transforming ordinary moments into sacred ones.

Mindful Breathing (2 minutes)

Pause anywhere. Set a timer for 2 minutes. Close the eyes or soften the gaze. Notice the breath moving in and out without changing it. This simple practice resets the nervous system.

Mindful Eating (one meal per day)

Choose one meal to eat with full awareness. Observe the colors, aromas, textures. Taste each bite fully. Notice gratitude for the food, the effort of those who grew and prepared it. Eat slowly.

Mindful Walking (10 minutes)

Walk slowly, noticing each foot contacting the ground. Feel the weight shifting. Notice the environment with fresh eyes—colors, shapes, movement. No phones. Just walking.

Mindful Transitions (throughout the day)

Between activities, pause. Take three conscious breaths. Set an intention for the next activity. This prevents the day from becoming a blur and brings presence to each task.

Mindful Listening (in conversation)

When someone speaks, listen fully. Not planning what to say next. Not judging. Truly hearing the other person. This deepens connection and presence.

Gratitude Scanning (each evening)

Before sleep, mentally scan the day for moments of beauty, kindness, ease, or surprise. Find three. Feel genuine gratitude for each. This rewires the brain toward noticing what is good.

Sensory Awareness (any moment)

Pause and notice five things visible, four things touchable, three things audible, two things smell-able, one thing tasteable. This grounds awareness in the present moment.

Mindful Shower (5 minutes)

Experience the shower with full presence. Feel the water temperature, smell the soap, feel the water on the skin. This transforms a daily task into meditation.

Mindful Nature Connection (15 minutes)

Sit in nature—a park, garden, or beach. Observe without agenda. No photos. No phone. Let the natural world reveal itself.

Loving-Kindness Throughout the Day

Silently offer kind wishes to people encountered: "May they be well. May they be happy. May they be at peace." This shifts the quality of interaction and cultivates compassion.

Part 5: Building Your Practice

4-Week Progressive Program

WEEK	PRACTICE	DURATION	FREQUENCY	FOCUS
1	Ocean Wave Breathing	5 min	Daily	Foundation in breath
2	Add 1 Meditation	10 min total	Daily	Extend awareness
3	Add Breathwork Practice	15 min total	Daily	Deepen relaxation
4	Add 2nd Meditation	20 min total	Daily	Build consistency

Tracking Templates

Daily Practice Log (1 month):

Date: _____ | Meditation: _____ | Duration: _____ | Quality: (1-5) | Notes: _____

Weekly Reflection:

What shifted this week in your practice? In your mind? In your body?

Monthly Assessment:

Consistency: How many days did you practice? _____

Ease: Is meditation becoming easier or still challenging?

Benefits noticed: Sleep, focus, calm, other

Challenges encountered: _____

Intentions for next month: _____

Troubleshooting Guide

Can't sit still? Try lying down or walking meditation. Fidgeting is natural; patience returns it to stillness.

Mind is too active? This is normal. Notice thoughts, release them, return to breath. This IS the practice.

Falling asleep? Practice sitting upright, earlier in the day, or after physical activity.

Feeling emotional? Emotions during meditation are healing. Allow them. They will pass.

No progress? Progress is not a goal. Consistency is the practice. Benefits accumulate subtly.

Lack of motivation? Commit to a 7-day challenge. Often momentum rebuilds after this threshold.

Recommended Reading

The Mind Illuminated by John Yates & Mathew Immergut

Why Buddhism Is True by Robert Wright

10-Minute Mindfulness by Phyllis Krystal

The Book of Awakening by Mark Nepo

Wherever You Go, There You Are by Jon Kabat-Zinn

Remember: This kit is a beginning, not an ending. Meditation deepens over a lifetime. Trust the process. Show up consistently. Allow yourself to be transformed by the practice.