

10-minute Transcendental Meditation (TM) script

1. Find a Comfortable Position:

- Sit in a comfortable chair with your feet flat on the ground.
- Ensure your back is straight but relaxed.
- Rest your hands on your lap or knees.

2. Close Your Eyes:

- Gently close your eyes and take a few deep breaths.
- Allow your body to relax with each exhale.

3. Introduce Your Mantra:

- Silently repeat your mantra (a specific word or sound given by your TM teacher) in your mind.
- Allow the mantra to come naturally and effortlessly.

4. Maintain Focus on Your Mantra:

- Gently bring your focus back to the mantra if your mind wanders.
- Don't worry about distractions or thoughts; just return to the mantra.

5. Let Go of Effort:

- If you notice tension or effort, release it and let the mantra flow more naturally.
- Aim for a state of effortless repetition.

6. Observe Inner Experience:

- Notice any thoughts, feelings, or sensations that arise.
- Let them come and go without engaging with them; return to the mantra.

7. Continue for 10 Minutes:

- Keep silently repeating your mantra for the entire 10 minutes.
- Allow yourself to be immersed in the repetition of the mantra.

8. Prepare to Conclude:

- After 10 minutes, stop repeating the mantra.
- Sit quietly for a minute or two, allowing your mind to settle.

9. Slowly Open Your Eyes:

- Gently open your eyes and take a moment to adjust to your surroundings.
- Take a few deep breaths and stretch if needed.

10. Reflect Briefly:

- Notice how you feel and appreciate the experience.
- Carry the calm and awareness with you as you go about your day.