

10-minute Vipassana meditation script

1. Preparation (1 minute)

- Find a comfortable seated position with your back straight.
- Close your eyes gently and take a few deep, calming breaths.
- Allow yourself to settle into the present moment.

2. Body Awareness (2 minutes)

- Begin by bringing your attention to the sensation of your breath.
- Notice the natural rhythm of your breathing without trying to change it.
- Pay attention to how the air feels as it enters and exits your nostrils.

3. Scan Awareness (3 minutes)

- Gradually bring your focus to different parts of your body, starting from the top of your head.
- Move your awareness slowly down through your body: forehead, eyes, face, neck, shoulders, arms, chest, abdomen, back, legs, and feet.
- As you focus on each area, observe any sensations (e.g., warmth, tension, or numbness) without judgment.

4. Mindfulness of Sensations (2 minutes)

- Shift your attention to the sensations you've noticed in your body.
- Observe these sensations with curiosity and without attachment.
- Acknowledge any discomfort or pleasure without trying to change or react to them.

5. Equanimity Practice (1 minute)

- Cultivate a sense of equanimity by reminding yourself that sensations are temporary and ever-changing.
- Embrace the idea that no sensation is permanent, and maintain a balanced awareness.

6. Closing (1 minute)

- Gently bring your focus back to your breath.

- Take a few deep breaths, feeling the air fill your lungs and then slowly exhale.
- When you're ready, slowly open your eyes, becoming aware of your surroundings.