

10-minute Zazen meditation script

1. Prepare Your Space (1 minute)

- Find a quiet, comfortable place where you won't be disturbed.
- Sit on a cushion or chair with your back straight but relaxed.
- Rest your hands on your lap or knees, palms facing up or down.

2. Settle into Your Posture (1 minute)

- Close your eyes gently or keep them slightly open with a soft gaze.
- Take a few deep breaths to relax and center yourself.
- Align your head, shoulders, and hips, ensuring your spine is upright.

3. Focus on Your Breath (2 minutes)

- Bring your attention to your breathing. Notice the sensation of air entering and leaving your nostrils.
- Breathe naturally, without trying to control your breath.
- If your mind wanders, gently guide your focus back to your breath.

4. Maintain Awareness (3 minutes)

- Continue to observe your breath. Notice any physical sensations, sounds, or thoughts without engaging with them.
- If thoughts arise, acknowledge them briefly and let them pass, returning your focus to the breath.

5. Check In with Your Body (1 minute)

- Scan your body for any areas of tension and try to release them.
- Ensure your posture remains relaxed yet alert.

6. Reflect on the Experience (1 minute)

- As you approach the end of your session, take a moment to reflect on the experience.
- Observe how you feel physically and mentally.

7. **Gradual Transition** (1 minute)

- Slowly bring your awareness back to your surroundings.
- Open your eyes gently and take a few moments to reorient yourself.
- Take a final deep breath and stretch if needed.