

10-minute basic meditation script

1. Introduction (1 minute)

- Find a comfortable seated position with your back straight and hands resting gently in your lap.
- Close your eyes and take a deep breath in through your nose, then slowly exhale through your mouth.

2. Body Awareness (1 minute)

- Bring your attention to the physical sensations of your body. Notice how your body feels against the chair or floor.
- Pay attention to any areas of tension and allow them to relax.

3. Breath Awareness (2 minutes)

- Focus on your breathing. Notice the natural rhythm of your breath as you inhale and exhale.
- Feel the sensation of the air entering and leaving your nostrils or the rise and fall of your chest or abdomen.

4. Mindfulness of Thoughts (2 minutes)

- Acknowledge any thoughts that come to mind without judgment. Imagine them as clouds drifting by in the sky.
- Gently bring your focus back to your breath if you find your mind wandering.

5. Gratitude Reflection (2 minutes)

- Shift your focus to something you're grateful for. It could be a person, an experience, or even something simple like a good meal.
- Spend a moment appreciating this positive aspect of your life and let that feeling of gratitude fill you.

6. Body Scan (1 minute)

- Slowly bring your attention back to your body, starting from your feet and moving upwards.
- Notice any lingering areas of tension and consciously relax those areas.

7. Closing (1 minute)

- Take a few more deep breaths, feeling refreshed and relaxed.
- Gently open your eyes and take a moment to notice how you feel before moving on with your day.