

10-minute focused attention meditation script

Preparation (1 minute)

1. **Find a Comfortable Position:** Sit in a comfortable chair with your feet flat on the floor, or cross-legged on a cushion. Ensure your back is straight but relaxed.
2. **Close Your Eyes:** Gently close your eyes to minimize distractions.

Body Awareness (2 minutes)

3. **Take a Few Deep Breaths:** Inhale deeply through your nose, hold for a moment, then exhale slowly through your mouth. Repeat 2-3 times to center yourself.
4. **Body Scan:** Briefly bring your attention to different parts of your body, starting from the top of your head down to your toes. Notice any areas of tension and consciously relax them.

Focused Attention (4 minutes)

5. **Choose a Focus Point:** Select a single point of focus, such as your breath, a mantra, or a physical sensation (e.g., the feeling of the air on your skin).
6. **Gently Observe:** If focusing on your breath, pay attention to the sensation of air entering and leaving your nostrils or the rise and fall of your chest.
7. **Redirect Your Mind:** When you notice your mind wandering, gently bring your attention back to your chosen focus point without judgment.

Deepening Focus (2 minutes)

8. **Deepen Your Focus:** As you continue, allow your attention to become more immersive. If using your breath, notice the subtleties of each inhale and exhale, such as its rhythm and texture.
9. **Stay Present:** Remind yourself to stay present with your focus point, observing any thoughts or feelings that arise without engaging with them.

Closing (1 minute)

10. **Gradual Transition:** Slowly bring your awareness back to your surroundings. Take a few more deep breaths and gently wiggle your fingers and toes.
11. **Open Your Eyes:** When ready, open your eyes and take a moment to notice how you feel before resuming your day.