

10-minute mantra meditation script

1. Find a Quiet Space (1 minute):

- Sit comfortably in a chair or on the floor with your back straight.
- Rest your hands on your knees or in your lap.
- Close your eyes gently.

2. Settle In (1 minute):

- Take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth.
- Allow your body to relax with each exhale, releasing any tension.

3. Choose Your Mantra (1 minute):

- Select a mantra that resonates with you. It could be a simple word like "peace," "love," or "Om."
- Silently repeat the mantra in your mind.

4. Focus on the Mantra (5 minutes):

- Begin to repeat the mantra silently in your mind with each breath.
- If your mind wanders, gently bring your focus back to the mantra.
- Let the repetition of the mantra anchor you in the present moment.

5. Embrace Silence (2 minutes):

- Gradually allow the repetition of the mantra to fade.
- Sit in the silence that follows, feeling the calm and stillness.
- If thoughts arise, observe them without judgment and return to the silence.

6. Close the Practice (1 minute):

- Begin to deepen your breath, slowly bringing awareness back to your body.
- Gently wiggle your fingers and toes.

- When ready, open your eyes, bringing the sense of calm with you as you return to your day.