

5-Minute Guided Meditation Script

Introduction

- Find a quiet place to sit comfortably.
- Close your eyes or let your gaze soften.

Body Scan

- Take a deep breath in and out.
- Focus on your body, feeling its contact with the chair or ground.
- Notice any tension and gently release it.

Breath Focus

- Bring attention to your breath.
- Observe the rise and fall of your chest.
- Let go of thoughts and return to your breath.
- Imagine your breath as a calm river.

Relaxation

- Feel your body sinking into the chair or ground.
- Experience a sense of safety and relaxation.

Closing

- Stay with your breath for a few more moments.
- Gently open your eyes and return to the room.