

Mindfulness Meditation Script

Introduction (0:00 - 0:30)

- Find a comfortable seated position, either on a chair with feet flat on the ground or cross-legged on a cushion.
- Sit with your spine straight but relaxed, hands resting gently on your lap or knees.
- Close your eyes or soften your gaze.

Settle In (0:30 - 1:30)

- Take a few deep breaths, inhaling deeply through the nose and exhaling slowly through the mouth.
- With each exhale, let go of any tension or stress, allowing your body to relax.
- Allow your breath to return to its natural rhythm.

Focus on the Breath (1:30 - 4:00)

- Direct your attention to your breath, noticing the sensation of the air entering and leaving your nostrils.
- Feel the rise and fall of your chest or the gentle expansion and contraction of your abdomen with each breath.
- If your mind wanders, gently guide it back to the breath, without judgment.

Body Scan (4:00 - 6:00)

- Shift your focus to the top of your head, gradually scanning down through your body.
- Notice any areas of tension or discomfort, and consciously relax those muscles.
- Continue scanning down through your face, neck, shoulders, arms, chest, abdomen, legs, and feet.
- Simply observe sensations without trying to change them.

Awareness of Thoughts and Emotions (6:00 - 8:00)

- Acknowledge any thoughts or emotions that arise, observing them without attachment.
- Imagine your thoughts as clouds passing by in the sky, coming and going without lingering.
- If a strong emotion or thought distracts you, gently return your focus to your breath.

Expanding Awareness (8:00 - 9:30)

- Gradually expand your awareness beyond your breath to include the sensations in your body and the environment around you.
- Notice any sounds, smells, or other sensations, remaining fully present and mindful.
- Allow yourself to be in the present moment, accepting it as it is.

Closing (9:30 - 10:00)

- Take a few deep breaths, bringing your awareness back to your surroundings.
- Wiggle your fingers and toes, gently reawakening your body.
- When you're ready, slowly open your eyes and take a moment to reflect on the experience.
- Carry the sense of mindfulness and calm with you as you continue your day.