

5-Minute Mindfulness Meditation

SCRIPT



"I will now guide you as we begin the meditation."

- Start with closing your eyes
- Start with taking 3 deep breaths (leader also take 3 deep breaths)
- As you settle into a natural rhythm of the breath, knowing throughout the practice you will hear sounds inside the room & sounds outside, these are not distractions, not disruptions, simply what's happening around us as we sit and breathe (30 second pause)
- Begin to notice the mind as it wanders, jumping from thought to thought. Gently guide the attention and focus to the stomach or chest. As you breathe in feel them rise, breathing out feel them fall (30 second pause)
- Simply continuing this practice, observing sensation of breath (30 second pause)
- Notice the mind as it wanders. Release that thought, returning attention and focus to the breath (30 second pause)
- Breathing in, follow the breath in, breathing out, follow the breath out (30 second pause)
- The mind wanders, gently guide attention back to the breath (30 second pause)
- Letting go of expectations or judgements of your practice, just sitting and breathing (30 second pause)
- Breathing in, feeling the stomach rise. Breathing out, feel the stomach fall (30 second pause)
- Learning to be comfortable in stillness (30 second pause)
- Knowing what it is like to just sit and breathe (30 second pause)
- Again, taking 3 deep breaths (leader also take 3 deep breaths)
- Slowly open the eyes
- Slowly being to move