

Focused Attention and Concentration

GUIDED MEDITATION SCRIPT

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to:

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Let's begin by taking a moment to allow your body to settle (2 seconds). Find a comfortable position that allows your spine to be long but with a natural curve in the low back.

For this practice you may want to close your eyes, or let your gaze be soft (2 seconds). Let the belly and shoulders relax (5 seconds).

Today I'll guide you through a focused attention practice centered on the breath. This will help to calm your mind and relax your body (5 seconds).

Before we start, take a full breath in (2 seconds) and a long breath out (5 seconds).

Now allow the breath to find its natural rhythm, in and out (10 seconds).

Without trying to change your breathing in any way, take this time to notice how your body breathes.

You may feel the breath as air passes through your nostrils or in the rise and fall of your belly or chest.

Choose one area to observe the breath for the next few minutes (5 seconds).

Whichever you choose, direct your attention to noticing the inhale (2 seconds) and the exhale (4 seconds). Again... and again (20 seconds).

Whenever you find that the mind has wandered, just come back to the breath (10 seconds).

Notice the different aspects of the breath right now:

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The phases of the inhale and the exhale.

Whether your breath is warm or cool, deep or shallow.

Observe if there is a pause between the end of one complete breath and the beginning of the next (20 seconds).

If your mind is wandering, counting can be helpful for maintaining focus on the breath.

So at the bottom of each exhale, count silently from one to ten.

Inhale, exhale: count one.

Inhale, exhale: two.

Still noticing the sensations of the breath (20 seconds).

When the mind wanders again, just come back to one (2 seconds) and start again without judgment (20 seconds).

As we begin to close this practice, bring your attention back to the body.

How does your body feel? (10 seconds)

Are there sounds around you? (5 seconds)

What are the sensations of the clothes or air on your skin? (10 seconds)

Feel where your feet or body make contact with the ground (5 seconds).

Maybe wiggle your fingers and your toes (5 seconds).

If you're ready, you can gently open your eyes now and take in the world around you.

You can also stay sitting for a few more moments as your body and mind return to alertness (5 seconds).

As you continue with the rest of your day, you can access this gentle, focused energy again by refocusing for a few moments on your breath in the way we just practiced (2 seconds).

Let's finish this focused attention practice now by taking a full breath in (2 seconds) and a long breath out (5 seconds)

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Integrated Practice:

Practice generous listening with someone today. When in a conversation, place all of your attention on the other person. Listen with both your ears and your heart.

Reflection Questions:

1. How does this type of listening shift the experience of the conversation for you?
2. How do you think this type of listening shifted the experience of the conversation for the person you were listening to?

