



mindfulness  
EXERCISES



# 10 SCRIPTS FOR LEADING GROUP MEDITATIONS

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Finding the right words to use when guiding meditation can be difficult, particularly when we are new to teaching or to a particular practice. Guided meditation scripts provide us with numerous benefits, helping us to effectively share these powerful teachings with our clients. When teaching in a group setting, we can choose from a number of different meditation scripts to reach the heart of any given practice or subject matter.

## THE BENEFITS OF USING GUIDED MEDITATION SCRIPTS

There are many different reasons that meditation teachers turn to guided scripts for assistance. Whether you are new to leading meditation or would like to guide a technique that you have not taught before, scripts can help you to:

### **Feel more confident**

If we are new (or somewhat new) to teaching a particular practice, guided meditation scripts can enhance our confidence in our ability to deliver. When we feel more confident in our teachings, our stress levels decrease and we are better able to show up for our clients or students.

### **Gain Credibility**

Guided meditation scripts that have been carefully and thoughtfully crafted can enhance your credibility as a teacher. Quality scripts when read with best practices in mind can help your students to know they are in good hands.

### **Grow your business**

By using guided meditation scripts, you can incorporate a wide variety of practices into your teachings and expand your audience. Using scripts gives you more time (and resources) to work on growing your business. For example, you can spend less time preparing what you will teach and more time reaching out to your audience.

## Record audio and videos

Scripts are not only great for working with groups in-person. In addition, they are an invaluable tool if you are looking to produce your own recordings. Meditation scripts can be used for either audio or video sessions that you can share with your clients through whatever channel is optimal for you.

## Enhance your own practice

Lastly, guided meditation scripts can broaden your awareness of the different types of teachings and practices that are available. This broadened understanding can help to fuel both your personal and professional growth. What is good for you is good for your clients – and vice versa.

# WHO ARE THE GUIDED MEDITATION SCRIPTS FOR

From elementary school teachers to human resource professionals, guided meditation scripts can be used by a variety of people in many different settings. The setting you are working in will undoubtedly inform the types of scripts that you use, but in and of themselves, scripts can be used by anyone. Some of the people that often find benefit leading group meditations with guided scripts include:

## Educators

Whether you teach at summer camp, in high school, or somewhere else, mindfulness and meditation can be effectively taught to students. Even young children can start with simple mindfulness practices, such as breath awareness or awareness of their sensory experience.

## Health and Wellness Professionals

Yoga teachers, coaches, and social workers are just a few of the many [health and wellness](#) professionals that can benefit from incorporating meditation into their

work. For example, scripts can be used in wellbeing workshops, during conference breaks, during retreats, or in a weekly yoga class.

## Corporate Leaders

The workplace might not be a place that we typically associate with meditation, but more and more employees are looking for ways to enhance wellbeing and reduce stress while at work. Human resource professionals or other managers within an organization can learn how to lead meditation to support individual and collective workplace wellbeing.

## Parents

Furthermore, parents might decide to share these powerful practices in close-knit community groups or within their own family. Guided meditation scripts can help parents to feel confident when teaching their children and others in their community about the power of mindfulness and meditation.

# HOW TO USE MEDITATION SCRIPTS IN GROUPS

When using meditation scripts in group settings, there are a few things you will want to consider and prepare before the session. Keep the following recommendations in mind to best ensure a safe and effective session for all.

## Understand the needs and experience level of the group.

Certain meditation scripts will be better suited for some groups than others. For instance, if you are guiding a group of beginners, shorter practices covering basic techniques would be a good place to start. You can get to know the interests, needs, and experience level of a group by having participants fill out a meditation intake form prior to your session.

## **Find a safe and supportive place to lead the session.**

When leading a group, it is important to ensure that you have a safe and comfortable space to share your practice in. Consider what participants will sit on, if you will need equipment for music, and what the general acoustics of the room are. Ensure that you have a private space where there will be no interruptions during the meditation.

## **If leading an online meditation, get to know the technology you will be using in advance.**

These days, there are many options for [guiding meditation online](#). While this is a great opportunity, make sure you know how the settings of your chosen platform work before the session begins. Additionally, consider what students will need to know or what software they might need to have in order to access the session.

## **Seek feedback after the meditation.**

After completing a session, seek feedback from participants using an intake form. This will help you to get a sense of how well a meditation was received and what you might consider for next time. For instance, you might ask participants what they thought about your volume, pacing, and the style of meditation chosen.

# **SCRIPT READING: BEST PRACTICES**

While script reading is in one way straightforward, there are some considerations worth making in order to ensure optimal confidence, clarity, and efficacy. Consider the following best practices before guiding others through any script-led meditation.

## **Read through the script a few times before leading the session.**

It is never a good idea to lead a script-led guided meditation without having familiarized yourself with the script. As a teacher, you must be confident and clear

on the practices you will be guiding. Read through your chosen script at least twice before sharing it with others.

### **Make edits to your chosen script as suits the needs of the group.**

Depending on the participants in your group, you might choose to make certain edits to your chosen script, such as lengths of pauses. For example, complete beginners might be best served with more guidance and less silence than those with more experience.

### **Modify wording to suit your unique voice.**

In addition, you can modify the specific wording of a script to make it true to your unique voice. These can be minor or considerable adjustments. For example, you could swap out a single word for something that feels more natural to you or modify entire sentences.

### **Remain flexible - and observant of your group.**

When leading a meditation, it is important to be mindful of where we intend to go with it while also attuned to our students. Know your script well enough to not have to remain overly focused on it. Be ready and able to modify your direction if you need to (i.e. if you notice an emotion is coming up for someone or if there is a lot of fidgeting). It is also a good idea to familiarize yourself with [trauma-sensitive mindfulness practices](#) so that you can best navigate any signs of trauma if they arise.

## **10 SCRIPTS FOR LEADING GROUP MEDITATIONS**

Below are ten guided meditation scripts that you can use for leading group meditations. These scripts cover a number of different practices that can enhance focus, self-awareness, compassion, and ease (among other things).

# 1. Mindfulness of Breath

This guided meditation is an introduction to mindfulness of breathing. It is a great practice for both beginners and advanced practitioners, helping participants to anchor their attention in the natural flow of each breath.

**TIP:** When leading a mindfulness of breathing practice, it can be helpful to be mindful of your own breathing to get a better sense of timing. In other words, breathe alongside your students, using your breath to help dictate the length of pauses.

*[Read slowly and spaciouly. 1-2 breaths after each line or comma, 2-3 breaths of pause between each paragraph. Modify as required.]*



Welcome. Take a comfortable seat, body upright. Eyes closed... or a soft gaze, low towards the earth.

Seal your lips and breathe in and out through your nose.  
Choose a gentle, easy, and steady breath.

Take your time with each breath in, and spend at least as much time with each breath out.

Find a breath that reflects all the qualities of calm, patience, spaciousness and ease that we'd like to see in the mind.

The intention for this meditation is the noticing of breath.  
So we commit, right here right now, to holding the mind's attention on breath.  
And we hold not with a tightness or a grasping, but with spaciousness.

As if 25% of awareness is on breath.  
25% of awareness on whether or not we're still watching breath.  
And the remaining 50% of our efforts, relaxed. Open.

We stay with this gentle, easy breath,  
noticing the breath in whatever way it chooses to speak to us.

The sound of our breath moving in and out through the nose.  
Perhaps there's a temperature to the breath.  
A cool breath in, a warm breath out.  
Open to noticing a smell or a taste to the breath.  
And or noticing the felt sensation of breath.

How does breath feel as it moves in and out through the nose?  
How does breath move and feel in our body?

Notice the movement of inhale expansion, exhale letting go.  
Notice the lift of the chest with breath in,  
the release of the shoulders, belly, thighs with breath out.

A sense of upward lifting, lightness with breath in.  
A sense of grounding, rooting to earth with breath out.

Continue to allow the breath to draw your attention inward in whatever way it does.  
Breath as the most intriguing thing you've ever seen.  
Curious about breath, its movement, its energy.

Whatever arises, keep returning to intention, to the noticing of breath.  
Again and again, allow breath to draw you in.

And all the while you remain, still open, still spacious, still free.

## 2. Grounding Body Scan

Another common mindfulness meditation technique is the body scan. Practiced seated or lying down, it can be used to enhance self-awareness and often brings a sense of ease and relaxation.

**TIP:** Body awareness often helps to ease the mind, creating a sense of relaxation for students. However, be mindful that some people in your group might currently be experiencing pain or some other uncomfortable feeling. Observe your group during the practice for subtle signs of how they are doing with the guidance. e alongside your students, using your breath to help dictate the length of pauses.

*[Read slowly and spaciouly. 1-2 breaths after each line or comma, 2-3 breaths of pause between each paragraph.]*



For this meditation we can sit upright or lie down....

In either shape, the spine is neutral and long.

With eyes open or closed, begin by feeling into any body parts that are touching ground.

Notice that connection, between your body and the earth.

And allow your body, to rest further down. Down towards earth.

Equally, feel into a sensation, real or imagined, of the earth rising up to meet you, meeting your relaxing, downward energy with a lift.

And then notice your toes.

Not necessarily seeking sensation, but a simple awareness, a noticing, witnessing the toes.

Both right and left side body.

You may feel something, or nothing at all.

But stay with awareness of toes.

And then awareness of the feet. Right and left foot.  
The inner arches, the tops and bottoms.  
Awareness of ankles and heels.

Notice the shins. The calves.  
The knees and the back of the knees.

Inviting in all sensation, or none, with equality.  
Treating all that arises equally.  
Spaciously.

Open to whatever arises, just noticing.

Notice the thighs. Notice the hamstrings. Front and back side of the upper legs.

Notice the hips, exploring sensation in the pelvis, the glutes, the front, back and sides.

All 360 degrees of the hips.

Draw awareness up to the belly. Aware of belly movement with the breath.  
Aware of the low back, and aware of the kidneys.

Whether or not this awareness of internal organs is real or imagined.

And then notice the chest.  
Can you feel or hear your own heart beating?

Not only through the front of the chest, but the back.

From the chest, become aware of the shoulders.  
Ease in the shoulders as you explore right and left, front and back.

Follow the felt energy of the shoulders down into the arms.  
Upper arms. Elbows, the front and the back. Forearms.

Notice the space in the palms of the hands.  
With the mind's eye, feel the thumbs, and each of the fingers.  
Notice the back side of the hands.

Then awareness arrives at the throat. The neck. The very back of your head. The chin.

Relax and release your jaw.

Notice the tongue and the inside of the mouth.

Aware of your ears. Your nose. Your eyes.

Aware of ease in your forehead, and the space behind your eyes.

Notice the sensation along the underside of the top of your head.

And then the outside too.

Crown of the head.

Feel a sense of open spaciousness at the very top of your head.

And then rest in the sensation of the whole body.

Aware of the full body.

Complete. Connected. Whole.

Remembering again, the connection between this body and the earth, before you slowly open your eyes.

### 3. Gratitude - Appreciating the Simple Things

Gratitude meditation is another common practice that can enhance one's sense of contentment and appreciation. This practice is suitable for all sorts of groups, from highschool students to working professionals.

**TIP:** This practice can also be modified for kids. For example, you might change the wording to include prompts like, "Think about someone who has helped you out today. Perhaps it was a friend who helped you solve a difficult math equation... or a parent who made you lunch." You might also consider shortening this practice if using it with children.

*[Read each sentence slowly and spaciously, pausing for 2-3 breaths in-between each paragraph.]*



Let's begin this practice of gratitude by just noticing something simple that you're experiencing right now. Could be seeing the sight of a tree swaying gently in the wind.

Feeling a warm cup of tea in your hands. Feeling the warmth of sunlight on your skin. Maybe the experience of comfort from the chair that you're sitting on or the simple wonder of pausing in the middle of your busy life to engage with this practice right now.

Choosing one simple thing to notice in this moment. Allow it to fully absorb into your experience and let appreciation and gratitude arise and fill your body and your mind. Appreciation for this one simple moment right now.

Now, reflect on someone who you don't know very well who has supported your experience today in some way.

Could be a bus driver, a person who stacked the fruit in the grocery store, the author of the book you're reading right now. Or maybe the inventor of the alarm clock that just woke you up.

But just reflecting on someone who you don't really know who has supported you in some way. And allow yourself to feel how you benefited from the gift of their work. Allowing yourself to feel some appreciation and gratitude.

Now, thinking about the tools that you use that support your work in your life. Tools like your computer, your books, equipment, or even the buildings that you occupy. Considering all that was needed for their creation.

Knowing how much these things have benefited you for your work and survival. Just feeling some appreciation and gratitude that you have access to these tools.

And now feeling gratitude for the people who you work and live with. Perhaps thinking of a particular person whose work or effort directly supports your work in life.

Appreciating their contribution, their good intention. Saying in your mind to them, "Thank you."

Now bring to mind someone who you really care about. Someone who makes your heart sing in some way. Picture them in your mind.

And think about what this person means to you. What you appreciate about them. Who they are, and what you've experienced together. And, the impact that they've had on your life.

And as you imagine them, notice what feelings you're experiencing. What sensations you detect in your body. Especially those in the area around your heart.

And let yourself express gratitude towards them. Thanking them for being who they are and for their presence in your life. And imagine them receiving your gratitude, feeling it.

Now, bringing to mind something in particular that you're grateful for today. Something that made a difference to you. Or that you especially noticed. Perhaps it was a smile of someone on the street. Someone's kind words, selfless action. Feeling the appreciation and gratitude you have for its presence in your day.

And as you bring these things to mind for what you're grateful for, allow yourself to rest in this experience of gratitude.

When you cultivate this practice of gratitude, you may even find yourself able to be grateful for difficult or unpleasant experiences.

So if you'd like, bring to mind an experience in your life that might be a little challenging, one for which you'd like to be able to express thanks for challenging you in some way. Offering your appreciation.

Thank this challenge for what it may offer you.

Expanding this feeling of gratitude for your body now. Gratitude for your mind. And gratitude for the simple fact of being alive in this moment.

And finally, appreciate the opportunity to pause and experience this very practice of gratitude. For all that you brought to mind during this practice.

For all the countless gifts in your life say, "Thank you," to all the people, to all that is around you and part of you. For all that you've experienced in your life, for all of this, "Thank you."

And allowing the sense of gratitude fill you completely as you breathe in and breathe out.

And settling your mind on your breath. Here and now, fully alive and present in this moment.

Finish with a full deep breath in and long slow breath out. And gently and slowly open your eyes, returning your awareness to where you are.

If you'd like to extend this practice, cultivate the habit of thinking about something that you feel grateful for every morning right when you wake up. If it helps, feel free to write about it in a journal.

Or, you might also try expressing appreciation today to a person for whom you feel very grateful. Simply saying, "Thank you."

## 4. Cultivating Joyful Effort

This guided meditation script is a practice for intermediate to advanced practitioners. It can help your students to uncover the reasons why they practice mindfulness so that they may overcome inner resistance. In this way, it helps to instill a sense of joyful effort in practice.

**TIP:** After leading this type of practice, you might hold space for people to share their reflections on the question: *Why meditate?* You can then also discuss any inner barriers that might have come up for people.

*[Read each sentence slowly and spaciously, pausing for 1-2 breaths in-between each paragraph.]*



Sit comfortably in a quiet place where you can be free from distractions.

Let your spine be neutral and tall, resting your hands in your lap or on your thighs in a way that promotes a release of your shoulders, and an expansion of your chest.

Close your eyes, or keep your gaze soft and low. Turn your attention inward. Breathe slowly and steadily in and out through your nose.

Find a quiet, patient and easy, comfortable breath.  
Watch the breath moving in and out through your nose.

(pause 3 breaths)

And then invite joy into your practice by silently contemplating your 'why'.  
Joyful effort arises when we understand our purpose.

Why meditate?  
Why practice mindfulness?  
What benefits do you hope to receive?

By understanding intention, and why you are prioritizing your practice, the effort in practicing becomes imbued with joy, and ease.

Recall why you are here, right now, meditating today.

Allow a deep satisfaction to arise  
As you apply effort in this moment, joyfully.

(pause 3 breaths)

And then with your 'why' in mind, cultivate joyful effort by shifting your awareness to the benefits you've already received through this practice of mindfulness and meditation.

Recall how good you feel on the days you meditate;  
what it feels like to start the day mindfully,  
and the pride you feel in remaining still and present until the timer goes off, or until the bell rings.

With the in-breath, sit up a little taller,  
as you rest in the joy of the benefits of mindfulness.

Count the ways in which your life has improved,  
with mindfulness as your refuge.

(pause 3 breaths)

And then cultivate joyful effort by placing your attention on the positive sensations you're aware of right now.

Calm, quiet, ease, spaciousness, patience, awareness.

Notice all the ways in which being here, right now, brings you joy.

Feel these positive sensations in the body, and the breath.

Recognize that these positive qualities do not appear accidentally;  
they are the direct result of your effort.

Rejoice in the effort that you're applying to your meditation right here and right now

Rejoice in that effort and rest in awareness of the joyful benefits you're receiving

(pause 3 breaths)

Understand that while joy is a result of your practice,  
joy arises when we joyfully practice.

Joy is only revealed  
through consistently applying effort.

Joy is revealed  
through joyful practice.

Joy is both the cause and the result.

(pause 3 breaths)

So joy then, must have been within you all along.

Joy is not gained through practice, but revealed.

The more you tap into joy,  
the more you apply joy to your effort.

The more you experience joy as the result,  
the more you notice joy arising.

You have always had the potential to be joyful.  
You have always had the potential to notice, to be mindful.

You are joy.  
You are awareness.

Rest, in the sensation of joy,  
the joy you apply to your efforts here,  
and the joy you reveal through those same efforts.

Rest in joy  
until you're ready to open your eyes.

## 5. Wishing Ourselves and Others Well

This compassion practice is an invitation to offer the energy of care to others and to ourselves. It can be used as a guided meditation in and of itself - and, it is well-suited as a closing practice for a longer meditation.

**TIP:** If you are leading this practice at the end of a longer meditation, you might also consider having participants acknowledge and offer well wishes to the others participating. This can help to establish a sense of commonality and community.

*[Read slowly and spaciouly. Note the recommended pauses, adjusting as feels natural to you.]*



Let's begin by taking a moment to settle your body into a comfortable position (3 seconds).

You may close your eyes or you can keep them slightly open with a soft focus looking downward a few feet in front of you (2 seconds).

Allow your spine to lift and your shoulders to soften (2 seconds).

Today we will practice wishing ourselves and others well.

This can help us to improve our sense of connection to others and even bring happiness for ourselves (2 seconds).

Begin by taking a full breath in (3 seconds) and a long, slow breath out (4 seconds).

Now, bring to mind someone that you care about (2 seconds).

Imagine them well and happy (4 seconds).

Say to yourself, "May they be well, may they be happy." (4 seconds)

And whatever other wishes you have for them, say them now (5 seconds).

Bring to mind someone else that you care about (2 seconds). Imagine them well and happy (4 seconds).

Say to yourself, "May they be well, may they be happy." (4 seconds)

And whatever other wishes you have for them, say them now (5 seconds).

With that same sense of care that you felt for another, invite a sense of well being for yourself (2 seconds).

"May I be well, may I be happy" (4 seconds).

And whatever other wishes you would like to offer to yourself, offer them now in a spirit of kindness and generosity (8 seconds).

Now, staying with the breath, allow these offerings of kindness and goodwill to sink in (4 seconds). Notice how it feels in the body (5 seconds).

Finish with a full deep breath in (2 seconds) and a long slow breath out (5 seconds).

\*ding\* (20 seconds).

## 6. Easing the Mind

This guided meditation is a simple practice of aligning supportive affirmations with the breath to cultivate ease and relaxation in mind. This script is well-suited in a variety of settings, from schools to wellness centers to corporate workplaces.

**TIP:** This meditation script leaves plenty of room for silence. Where 'long pause' is indicated, you might decide to hold silence for three minutes or thirty, all depending on the group you are working with. For longer pauses, you might intersperse silence with reminders of the affirmations to use.

*[Read slowly and spaciouly. Note the recommended pauses, adjusting as feels natural to you.]*



Although you cannot always control the mind, you can encourage it to be more at ease. Learning to do this will help you respond rather than react to your thoughts and emotions.

This practice gives you the opportunity to train the mind to slow down when it becomes overactive, and helps you practice ease and relaxation instead of perpetuating those difficult mental states.

You can sit upright or lie down for this practice. If you are experiencing anxiety or stress in this moment, lying down may encourage relaxation (2 seconds).

So, take a few deep breaths now. Inhaling, fill the lungs completely... Hold the breath for just a second or two... and exhale slowly (3 seconds).

As you let the breath go, try to empty the lungs slowly and completely (4 seconds).

Recognizing that you cannot control every thought that arises, connect with your intention to relax the mind (10 seconds).

If thoughts are present, just leave them be.

And, offer yourself two simple phrases of kindness toward the mind:

May my mind be at ease (4 seconds).

May I be at ease with my mind (4 seconds).

Synchronize these phrases with your exhale, offering one phrase every time you breathe out (4 seconds).

May my mind be at ease...

May I be at ease with my mind (4 seconds).

Hear each word and try to connect with your own intention to care for the mind.

When the thinking mind starts up, come back to the breath and the phrases (30 seconds).

Even if you can say only one phrase before the mind wanders, you are still moving toward relaxation by continuing to practice (long pause).

Completing this exercise, allow the eyes to open, and return to the activity of daily life.

Watch the mind during your day, noticing when it becomes uncomfortable or agitated.

## 7. Giving Kindness to Your Mind & Thoughts

This is a self-compassion practice to help establish a positive relationship with one's internal thought processes. It is a non-traditional type of [loving-kindness practice](#) that focuses on the thinking mind.

**TIP:** Before leading this meditation, it can be helpful to outline for your students what loving-kindness is. Loving-kindness practice, or metta meditation, is a practice of cultivating love, friendliness, or kindness.

*[Read slowly and spaciouly. Note the recommended pauses, adjusting as feels natural to you.]*



You may notice that your response to the mind and its thoughts is not always rooted in kindness and gentleness. Traditionally, loving-kindness is practiced toward a person (even if that person is yourself); however, you can direct this same sentiment toward the mind itself.

With practice, you can learn to respond to the mind with greater acceptance. This helps you see more clearly and not get caught up in reacting to each and every thought.

To begin, sit in a way that feels healthy and conducive to mindfulness.

Listen to your body and make any adjustments to find a comfortable posture.

And begin with a few minutes of concentration practice.

Bring your attention to the body breathing, and gently train the mind to focus (20 seconds).

Keeping your awareness of the breath as your anchor, simply notice when a thought arises (5 seconds).

You may label it or note its contents, but focus on responding to it with gentleness.

Whether the thought is pleasant, unpleasant, or neutral, try to bring some patience to the thinking mind (30 seconds).

When a thought arises, offer a phrase of loving-kindness toward the mind and the thought.

You may try using one of these phrases:

May I be at ease with the mind (4 seconds).

May I be at ease with this thought (4 seconds).

Thinking mind, gentle mind (6 seconds).

Reconnect with the intention to respond to your thoughts with kindness over and over again (60 seconds).

When the mind wanders off, just come back to the breath and pay attention when a thought comes up.

Gently offer a phrase of loving-kindness and return to your desire to be at ease with the mind (10 seconds).

You may even try offering a phrase to the wandering itself (60 seconds).

As we slowly complete this practice, make a dedicated effort to carry it with you during your day.

Pause and offer the mind and thoughts a few phrases of loving-kindness when you're waiting in line, walking to your car, or checking the mail (4 seconds).

So, gently now, come back to the steady rhythm of your breath...

And then open your eyes to slowly return your attention to the world around you.

## 8. Experience Your Mind Like An Ocean

This is another script that can help to increase peace and ease while reducing stress and mental activity. It can help your students to connect with the deeper levels of peace and tranquility that exist inside of themselves.

**TIP:** When reading this script, consider your words like the softest of ocean waves. Let them flow gently and steadily, helping to instill a sense of peace and calm in the minds of your students.

*[Read each sentence slowly and spaciously, pausing for 1-2 breaths in-between each paragraph unless otherwise noted.]*



So, start by taking a moment to relax your body.

Soften any unnecessary tension in your belly and shoulders, and find a posture that feels both relaxed and alert.

Rest your hands in an easy, effortless way.

With your eyes open,  
take a few moments to scan your awareness  
through the sensations of your body,  
and wherever possible,  
soften and release  
obvious areas of physical tension.

Let your eyes stay open  
and focus on the middle of the room wherever you are.

And then see how you can let your awareness  
travel across the room from where you're sitting.

If you're lying down,  
you can let your attention go upwards to the ceiling.

And then notice how you can let your attention come back to the center of the room.

And see if you can bring your attention closer, to about book-reading distance as if you're reading a book in your hands, so clearly, you can determine where your attention goes.

And now you can let your eyes close and just let your attention go inward.

And gently focus on the sensations of the breath moving in and out of the body...

And you can let your attention go to wherever the breath comes most naturally to you.

For some people, it's the sensations of the air in the nostrils, with that gentle feeling coming in and out as the air passes in and out at the nostrils.

For others, they naturally feel the breath in the chest, with the rising and falling of the chest with each half breath in and out.

And for most beginners, people feel the breath most naturally in the belly, feeling the diaphragm underneath the lungs pulling air into the lungs expanding your belly as you breathe in.

And when the air is released from the lungs as you breathe out, the belly actually moves inward, sensing the abdominal movements in and out.

So see if you can let your awareness ride  
the wave of the breath  
wherever you feel it most naturally:  
your nostrils, your chest,  
your abdominal movement,  
or for some people,  
it's even just the whole body breathing.

Whatever comes naturally for you.  
And let's just let your attention ride  
the wave of your breathing (20 seconds).

As you're sensing your breath in and out,  
you may also sense that your mind is as vast as the ocean  
where deep in the ocean beneath the surface,  
it is calm and clear.

And from that deep place in the ocean,  
you can look upward toward the surface;  
no matter what is going on in your life  
no matter what those conditions are,  
deep in the ocean,  
it is calm and clear.

And just sensing your breath  
allows you to access the depth and stillness of your mind,  
as vast as the ocean,  
where from this deep, peaceful place,  
you can look upward at the waves at the surface,  
the brain waves that are the thoughts and emotions and conditions of your mind.

Can you notice all those fleeting thoughts and emotions  
that are just there at the surface  
that come and go pretty quickly  
in and out of your awareness each day  
like waves at the top of the ocean?

Sensing your breath,  
bringing you back to this peaceful place...

feeling the profound depth  
of your mind (20 seconds).

When a thought comes,  
or a feeling, memory, or sensation,  
then warmly and calming  
take note of that mental activity  
and redirect your attention to the breath (20 seconds).

And then let your attention return to the breath,  
to this depth of your mind  
where you can just sense and observe  
the activities of the mind as just activities,  
and not the totality of who you are.

See if you can let yourself enjoy the deep  
tranquility that comes from just sensing the breath,  
knowing that just focusing your mind  
on your breathing brings you to this deep  
place of calm and clarity.

And now when you're ready,  
take a couple more mindful breaths...  
and then you can let your eyes open when you are ready.

May you bring this same quality of kind awareness  
to the rest of your day,  
feeling relaxed in your body and mind.

## 9. Focused Attention and Concentration

This guided meditation script can help to increase focus and is suitable for working professionals, older students, or wellness practitioners. For example, you might use this during a midday office break or at a wellness conference or retreat.

**TIP:** As with other practices, it is both helpful and important to keep a soft eye on your students from time to time. If there is any fidgeting or signs of discomfort, you might reduce the lengths of pauses or offer words of support and compassion.

*[Read slowly and spaciouly. Note the recommended pauses, adjusting as feels natural to you.]*



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 (2 seconds).

Let the belly and shoulders relax (5 seconds).

Today I'll guide you through a focused attention practice focusing on the breath.

This will help 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 underneath your nostrils

or in the rise and fall of your body.

Choose one area to observe the breath for the next few minutes.

Whichever you choose direct your attention to noticing the inhale (2 seconds)

and the exhale (20 seconds).

Whenever you find that the mind has wandered,  
just come back to the breath (5 seconds).

Notice the different aspects of the breath right now:  
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 in 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 (30 seconds).

When the mind wanders again, just come back to one (2 seconds)  
and start again without judgement (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? (15 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 want 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 refocused 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) \*ding\* (15 seconds).

## 10. Sensory Exploration: 5-4-3-2-1

Lastly, this meditation script is a fun mindfulness practice that you can lead to people of all ages and in all settings. It can be used as an introductory 'icebreaker' practice or as an exercise to spark reflection and mindful conversation.

**TIP:** Consider making this practice interactive, perhaps incorporating essential oils or aromatic flowers into the room (being mindful of allergies or sensitivities). Alternatively, you might lead this meditation outside to broaden the types of sensory input that one might experience.

*[Read slowly and spaciouly. Note the recommended pauses, adjusting as suits the context (i.e. if there is an interactive smelling exercise).]*



When you are in the throes of an overwhelming emotion, it can hook you in completely.

Mindfulness practice helps you notice when this happens.

When you do notice you are feeling overwhelmed, you can use this exercise to bring yourself back to the here and now.

It takes just a few minutes and extends an invitation to be present.

So, leaving the eyes open, notice five things you can see.

You can say them out loud or silently in your head (4 seconds).

With each of the five sights, pause to take them in completely (10 seconds).

Next, notice four things you can feel in the body.

Note them out loud or in your head, and rest your attention with each sensation for a few deep breaths (12 seconds).

Now, name three things you can hear.

Try to choose three different sounds, not the same noise three times (10 seconds).

Note two things you can smell.

If you cannot seem to smell two things in this moment, feel free to move somewhere to smell something more closely (10 seconds).

Finally, find one thing you can taste.

It may be the leftover taste of a meal, your toothpaste, or just your breath.

If you cannot connect with one in the moment, note a taste you enjoy in general.