



Basic Meditation Script

“This guided meditation on the breath will help you learn to simply be and to look within yourself with mindfulness. Allow yourself to switch from the usual doing mode to a non-doing mode, simply being.” Based on Jon Kabat-Zinn meditation.

*Sitting in an upright posture
Feet flat on the floor
Back up straight
Shoulders relaxed
Hand on your lap
And close your eyes.*

Allow your body to become still... bring your attention to the fact that you are breathing,

Become aware of the movement of your breath as it comes into your body, and as it leaves your body.

Not manipulating the breath in any way or trying to change it. Simply being aware of it and of the feelings associated with breathing. Observing the breath deep down in your tummy.

Feeling your tummy as it expands gently on the in breath and as it falls on the outbreath.

Being totally here in each moment with each breath. Not trying to do anything... not trying to get any place... simply being with your breath...

Giving full care and attention to each in breath... and to each outbreath...

You will find that from time to time your mind will wander off into thoughts...

When you notice that your attention is no longer here and no longer with your breathing, without judging yourself, bring your attention back to your breathing.

Fully conscious of the duration of each breath from moment to moment.



Every time you find your mind wandering off the breath, gently bringing it back to the present... back to the moment-to-moment observing of your breathing.

Using your breath as an anchor to focus your attention, to bring you back to the present whenever you notice that your mind is wandering.

Now as you observe your breathing, you may find from time to time that you are becoming aware of sensations in your body.

As you maintain awareness of your breathing, see if it is possible to expand the field of your awareness so that it includes a sense of your body as a whole, as you sit here.

Feeling your body, from head to toe, and becoming aware of all the sensations in your body.

So that now, you are observing not only the flow of breathing, but the sense of your body as a whole.

Being here with whatever feelings and sensations come up in any moment, without judging them, without reacting to them, Just being fully here, fully aware.

Totally present with whatever your feelings are and with your breath and a sense of your body as a whole.

And again whenever you notice that your mind wandering off, just bringing it back to your breathing and your body as you sit here not going anywhere. Not doing anything, just simply being, simply sitting, moment to moment. Being fully present.



Fully, with yourself.

Re-establishing your awareness on the breath as it moves in and out of your body.

Coming back to a sense of fullness of each in breath, and the fullness of each outbreath.

Become aware of the movement of your breath as it comes into your body and as it leaves your body.

Not manipulating the breath in any way or trying to change it, simply being aware of it, and of the feelings associated with breathing. Observing the breath deep down in your tummy. Feeling the tummy as it expands gently on the in breath and as it falls back towards your spine on the outbreath. Being totally here, in each moment, with each breath.

If you find yourself at any point drawn into a stream of thinking, just use your breath to anchor you in the present.

Just being with your breathing from moment to moment, Just sitting in stillness, Looking for nothing, Being present to all. Just being right here, Right now, Complete. Human. Whole.

As the exercise ends, bring your awareness back to your body again, feeling it as a whole.

Allow this calmness and this centeredness to remain with you when you move. Congratulate yourself on having taken the time to nourish yourself in this way. And remember that this state of relaxation and clarity is accessible to you by simply paying attention to your breath in any moment, no matter what's happening in your day. Let your breath be a source of constant strength and



energy for you. You may want to wiggle your toes and fingers. Once you are ready you can open your eyes.