



## **5 Minute Guided Meditation Script**

### **Prior to Meditation**

**“There are a few things to know before we begin”**

- Nothing is going to happen to you
- You will not float away
- You will not think nothing
- You will not stop your mind
- You will not have any mystical, magical experiences
- You will not solve all of life’s problems in a few moments of silence
- There is no right or wrong way to practice, you are simply going to sit and breathe
- Expect nothing from this experience but to sit and breathe

### **Prior to Meditation – Help People Understand Posture**

- Posture is important, as you want to be comfortable and you want to stay awake
- Please sit in a chair, there is no need to sit on the floor and cross your legs
- Keep the back somewhat straight
- Shoulders relaxed
- Hands resting gently on the knees or in lap
- Feet flat on floor
- Eyes closed if comfortable or slightly open, mouth open or closed
- Breathing thru the nose or mouth, whatever is comfortable
- Most important is to breathe comfortably

### **Beginning Meditation**

**“I will now guide us as we begin the meditation.”**

- Start with closing your eyes if comfortable or slightly open
- 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)

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- 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 judgments 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 begin to move

### **After Meditation**

The most important part of meditation practice is now, immediately after, when you realize that any sort of quiet, still, peace or calm that you feel or any sort of racing mind you may have, has nothing to do with anything I said, has nothing to do with how you sit or cross your legs, and it has nothing to do with the sounds around us. It has everything to do with your own mind and your own mind's reaction to an external situation. What we realize from the practice of meditation is that this is our life every day, things happen and we react, more things happen, more reactions. Most people respond to meditation quietly, peacefully. But the question is how do you respond to everything else that happens in your life? For most of us, this feeling is quite different from how we felt an hour ago, or how we will feel an hour from now. What we are working on is closing the gap to where the way we feel now, is closer to how we feel always. Just as driven, motivated, successful and productive, yet with a mind that is steady and focused, distracted by nothing and disturbed by no one. Meditation is not easy, it's not fun, but it's free and takes nothing but a few minutes every day and a busy racing mind, which most of us have. Meditation is not an escape from reality; it is direct perception into your own thoughts. When we are in a good mood, it is from thoughts we have, when we are in a bad mood, it is from thoughts we have. Once we stop trying to change and control everything outside of us and we work on changing our mind, our heart and our reaction to the world around us, life gets a little easier, a little more peaceful, a little happier, yet ultimately nothing changed except our own mind.

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