

5 Minute Meditation Script

Name:

Date:

Script:

Begin by finding a comfortable seated position, either on a cushion or a chair, with your back straight and your feet firmly planted on the ground. Close your eyes gently and bring your attention to your breath. Take a deep breath in, filling your lungs, and slowly exhale, releasing any tension or stress you may be holding onto. Let's begin our meditation practice.

As you continue to breathe, feel the sensation of the breath entering and leaving your body. Notice the coolness of the air as you inhale and the warmth as you exhale. Let your breath become your anchor, grounding you in the present moment.

Now, shift your attention to your body. Begin by relaxing your forehead and letting go of any tension you may be holding there. Allow your eyebrows to soften, and feel the muscles in your face and jaw relax. Let go of any tightness or clenching in your jaw, and let your tongue rest gently on the roof of your mouth.

Bring your awareness to your neck and shoulders. Notice if there is any tightness or discomfort, and with each exhale, release that tension, allowing your shoulders to drop away from your ears. Feel a sense of ease and relaxation spreading throughout your upper body.

Now, bring your attention to your arms and hands. Become aware of any sensations you may feel in these areas. Perhaps you can feel the weight of your hands resting in your lap or the gentle touch of your fingertips against each other. Allow any tension or tightness to dissolve, and feel a sense of lightness in your arms.

Now, shift your awareness to your chest and abdomen. Notice the gentle rise and fall of your breath as your lungs expand and contract. As you breathe in, imagine that you are breathing in a sense of peace and calm. And as you exhale, let go of any stress or worries that you may be carrying. Feel your body relaxing with each breath, becoming more and more at ease.

Bring your attention to your lower back and hips. Notice any sensations or areas of discomfort. With each exhale, imagine that you are releasing any tension or tightness, allowing your lower back and hips to soften and relax.

Now, expand your awareness to your legs and feet. Notice the weight of your legs against the surface beneath you. Feel the sensation of your feet making contact with the ground. Let any tension in your legs or feet melt away, as if it's flowing out through the soles of your feet and into the earth.

Take a moment now to scan your body and notice if there are any areas where you may still be holding tension. If you find any, send your breath to those areas, allowing them to soften and relax.

As we near the end of this meditation, bring your attention back to your breath, feeling the gentle rhythm of your inhales and exhales. With each breath, feel a sense of calm and tranquility washing over you.

Know that you can carry this feeling of peace and relaxation with you as you go about your day. Whenever you feel stressed or overwhelmed, take a moment to reconnect with your breath and find your center.

When you are ready, slowly open your eyes and bring your awareness back to the present moment. Take a moment to express gratitude for this time you've dedicated to your well-being. Carry this sense of peace and calm with you as you continue your day.

Additional notes