

# Meditations Script

## 10-MINUTE MEDITATION

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Welcome. We will be meditating for [x] minutes. We will start an awareness of breathing meditation.

Take a moment to get comfortable.

Now, see if there is anything else you need to feel supported.

Allow yourself to feel grounded ... to the chair, the cushion.

On your next inhale, invite the breath into the spaces between your vertebrae, cushioning them, elongating your spine, supporting you.

On your next exhale, allow your shoulders to roll back and down a little bit, as if they are gently heading toward your back pockets.

Now, imagine the crown of your head being held up gently by a thread.

Notice what it feels like to sit like this.

Now, take in a deep breath, a breath of gratitude for being here, in this moment.

Deepen your next exhale a bit. You might even say “Ah” if you wish as you exhale, and as you do so, release anything you don’t want to be holding onto right now. Repeat this 1 or 2 more times if you would like. Then, allow the breath to return to its natural rhythm.

Breathing in. Breathing out.

You can use this cycle of the breath as an anchor for your awareness. As you focus your awareness on the breath, allow any thoughts or sensations to recede into the background.

Not trying to change anything.

Not trying to stop anything from happening.

Not trying to make anything happen.

We are allowing a space where we can be with whatever arises in each moment — be it thought, or emotion, or body sensation — allowing, with the intention not to engage anything.

Breathing in. Breathing out.

[To end the meditation]

As this meditation draws to a close, expand your awareness to take in the sensations in your body, the sounds of the room. In a moment, you will hear the sound of a bell. When you can no longer hear the bell, open your eyes slowly when you are ready. Gently move your body in a way that feels good to you.

(Ring bell)