

Meditation Script

(All timings are approximate and for guidance only. ...= slight pause)

I am now going to guide you through a short meditation, with the aim of helping you relax your mind and body, whilst connecting with your senses. Following this there will be two minutes of quite time.

- Get yourselves into a comfortable sitting position with your hands in your lap.
.....4 sec pause.
- Your eyes can be either open or closed.....5 sec pause
- Try and relax your body as much as you can and breathe gently...10 sec pause
- Good....
- Now become aware of the weight of your feet on the floor.....5 sec pause
- The weight of your body on the chair.....5 sec pause
- And the weight of your hands in your lap.....7 sec pause
- Be aware of the movement of air against your face and hands.....5 sec pause
- And the sensation of the clothing on your body....8 sec pause
- If your eyes are open, appreciate the colour and form of the objects in your vision.....5 secs
- Become aware of your sense of smell.....and touch.....10 sec pause



- Now focus on your hearing....
- Without judgement be aware of the sounds around you.....10 sec pause
- Now let your hearing run out to the furthest sounds that are audible to you.....5 sec pause
- Allow your hearing to expand.....30 sec pause
- If thoughts come into your mind, be aware of them, accept them and allow them to leave as easily as they came in....
- Focus on the limits of your hearing.....18 sec pause
- Good.....10 sec pause
- I will now give you two minutes of personal quite time, to be used as you wish.....this can be for quiet reflection and thought, or continued meditation, or prayer.....2 min pause
- Bring yourself back into the here and now and be aware of the people and things that are around you.....

