

5-Minute Simple Breathing Meditation

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Everyone can set aside 5 minutes each day to increase your focus, open your mind, and achieve your desired goals...

All that you need to do is relax, breathe, and follow my voice as your guide.

I will teach you important and simple methods in meditation that will benefit every aspect of your life.

Daily mindfulness practices can be done at any time of the day, and it's highly encouraged that you do not skip a day in order to fully experience the great changes that you are making to your life by doing so.

Here are but a few benefits that meditation brings you in your journey towards success:

Enhance your learning and memory retention.

Put a stop to recurring pessimistic thinking.

Build your mental capacity, focus and accuracy.

Tame negative emotions through awareness.

Create fulfilling relationships.

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Manage stress and eliminate anxiety.

Tap into your creative side, putting you in control.

So let's begin.

Get into a very comfortable position and make sure you will not be disturbed.

Breathing is the most important thing that we do, it is keeping you alive, yet most of us do not notice our breath all day, and some for several years.

That's why it is so crucial to our physical and mental health to oxygenate our bodies fully and consciously.

So lets take 5 deep and full breaths together....

1 fully inhale positive energy.... and exhale by just letting go of your breath, into a state of relaxation

2 inhaling goodness.... and exhale into relaxation

3 inhale acceptance.... and exhale any judgment

4 inhale health and clarity.... and exhale into a serenity

And 5 fully inhale desire and achievement.... and exhale into complete relaxation.

Letting go of all concerns from daily life....good.

Now just become aware now of your body, and feel the space around you.

Notice how the space around you hugs to your shape.

Notice the feeling of your weight pressing down.

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And see if you can feel the earth below you, as if it's pressing up, supporting you.

Good.

Now become aware of the very top of your head and put all of your focus there, noticing any sensations you have there....now, moving down focus now on your eyes, and feel how they feel and notice the tiny movements they are making.

These movements relax you further.

Notice now your nose and feel the air passing though as you breathe in and out.

Noticing now your mouth..

And taking your awareness down your neck and if you notice any tension just ask it to release.

Notice the sensations in your body is making you very relaxed and comfortable.

Become aware of your chest and lungs.

Expanding and contracting with your breath.

Perhaps you can feel your heart beating, pumping with love.

Now send your focus down your arms, all the way to each fingertip, feeling the sensations of touch in your fingertips.

Your focus is now on your abdomen and all of your vital organs.

Just notice how your belly feels and how it's digesting.

Notice your pelvis and hips and the sensations of your weight pressing down.

This takes you deeper into a state of relaxation.

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Your awareness goes down each leg, over your knees and down all the way to your feet and to each toe.

Good.

You have now become aware of every part of your body.

This is meditative.

Taking 5 minutes every day to yourself and practicing mindfulness techniques will allow you to work through the problems you face such as stress, lack of confidence, procrastination, fear of failure, and much more.

Every day, take several full deep breaths, allowing for you to let go of anything that bothers you.

And when you show up for work, you not only get the job done, but you accomplish things that move you towards success.

When you find yourself exhausted, simply use this course to take a moment to stop, breathe, and regroup.

So join me, by taking a break from your daily routine.

Over the next 10 days, pause, breathe and take a moment to support your path to a successful and happy life.

Remember that you always have a choice to move in the direction of accomplishment.

