

Focus - Extreme Concentration

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



Focus Session for Extreme Concentration

[“...” = 3 seconds]

[“.....” = 5 seconds]

[start by reading in a normal- medium pace in a pleasant, teaching way of speaking]

Hello and welcome to this guided session to allow for extreme focus.

Get into a comfortable position and make sure you will not be disturbed by anyone or anything for the duration of this session....

.....

Please close your eyes, as if you are going to sleep, but do not go to sleep.

Simply stay awake and listen to my voice.

....

Make sure that you are very comfortable now so that you do not feel the need to move, your body can remain still and calm.

.....

Taking deep breaths allows us to feel calm and focus on the present moment... so just begin to notice your breath.

.....

[speech slows and becomes very relaxing and calm]

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Breathe in and out.

Not trying too hard to change your breath, just let it be relaxed and comfortable.....

Breathe in and out.....

Inhaling peace and exhaling relaxation.....breathe in and out.....inhale peacefulness, and exhale relaxation.

.....

Continue breathing and as you do you will notice how all other things that are going on around you don't seem to matter at all when you focus fully on your breathing.

.....

Breathe in relaxation, and out calmness

...

Fully focusing on the quality of your breath, and how it makes you feel.

.....

Breathe in and out, feeling how your body fills with air, and then empties...this process is endless your entire life.

...

Breathe in and out.

...

Very good.

.....

Can you feel how much more relaxed you are than when you started this session?

.....

Let's relax even more now, again focusing fully on your breath.

...

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There is no right or wrong way to breathe, this is not a competition, and no one is watching you.

...

Take in a really slow and deep breath, holding it in at the top for as long as you can....and then letting the air escape freely.

...

Breathe fully in as much air as you can fill your body with, holding it when you are full of oxygen for as long as you can...and then exhale, letting the air just fall out of your mouth, don't force or push it out.

...

One more really long, slow and deep breath in... and hold it for as long as you possibly can

.....

Then just let it go completely.

...

Nice.

...

You are now twice as relaxed than you were a few moments ago.

...

But now, you are going to go even deeper into relaxation.

.....

I am going to count down from 10 and with each number you hear, you will multiply your relaxation.

As I count each number to you, your relaxation doubles.

...

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Ok 10.... your relaxation doubles

9.... feeling your relaxation multiply

8... doubling the calmness you feel

7... relaxing many times more

6... allow your relaxation to double again

5... Feeling how you can relax twice as much with each number

4... It feels so very good to multiply this relaxing feeling

3... Letting your calmness double again

2... Amplify the relaxation

1... Relaxation has encompassed your mind and body, and you are feeling fully at peace.

And 0..... you are now a thousand times more relaxed than when you began...

Yes, a thousand times more relaxed...

And you are surprised at how easy it is to feel this relaxed...

You don't have to do anything but let go.

.....

[speech slows to the slowest the narrator can comfortably read, very relaxing now]

Now let the sound of my voice just go into the distance now, you don't have to listen to the words I am saying, your mind will do that for you...

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Just be as relaxed as you are now, and enjoy this time you have to yourself.

.....

My voice is like a breeze that flows by, and caresses your ears, making you feel even more relaxed and calm with each word you hear.

.....

Very good.

...

Training your mind to focus is like training a muscle, you can't lift very heavy on your first workout, so don't expect to focus for an hour straight on your first day doing new focusing techniques.

...

You start out training your ability to focus slowly, going for 5 minutes with no distractions or breaks.

Increasing to 6 or 7 minutes the next day, then taking a break....and so on.

...

Distractions are the biggest pitfall of failure to focus.

So when you get ready to start a task, keep a sheet of paper nearby that you will call your "distraction list".

That way, when something pops into your head that you want to look up on your phone or computer, or someone you need to call or contact, you write down these things that are trying to pull your attention away onto this list, so that you can get to them when you've completed your task.

.....

Focus again on your breath.

...

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Notice the quality of it..... is it slow and shallow, or is it deep and profound?

.....

Inhale deeply and exhale just once, feeling that wave of relaxation again.

.....

Now use your imagination and visualize a set of stairs descending in front of you

...

You are at the top of the staircase looking down, and when you begin to walk down these steps, you will be so very deeply relaxed that the words I say to you will go deeply into your mind, allowing you to have extreme focus whenever you need to.

.....

Begin walking down the stairs, into extreme focusing abilities.

10.....9.....8.....7.....6.....stepping down.....5.....closer to focus.....4.....3.....2.....1.....0.

When you step off the last step you have gained great focusing power.

.....

Hear these words deeply, and with passion, knowing that they are true of you.

...

“You have a wonderful ability to focus.

.....

Focusing comes naturally for you.

.....

When you need extreme focus, your attention is like a laser, and nothing distracts you.

.....

Every day, you strengthen your power of concentration.

.....

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You focus intensely whenever you desire.

.....

You take breaks when you need to as to not drain your focusing abilities.

.....

Concentration is one of your greatest abilities.

.....

I am committed to being focused on my goal.

.....

I focus effortlessly.

.....

Good.

.....

You will soak in all that you learned today deep within your mind that you don't even have to try to focus, because from now on, it comes naturally for you.

[speech speeds up just a little bit from the slowest it was]

I will count up from one to 5 now and with each number I say you will be more alert and ready to go about your day.

1.....2.....3.....4.....5.

[Normal speed of speech now]

Welcome back and great work today.

