

# Focus and Eliminating Distractions

## 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 to Eliminate Distractions

[“...” = 3 seconds]

[“.....” = 5 seconds]

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

Everyone benefits from increasing their focusing abilities.....

Every aspect of your life could use more focus so that you can complete tasks quickly and with high quality...

The first and most important thing to do that increases your focusing abilities is to eliminate any distractions.

We live in a distraction filled world, where many things are competing for our attention...

So let's begin exploring how to eliminate distractions by allowing yourself to relax very deeply.

.....

Breathing is essential, yet most of us do not notice we are breathing all day long, and some even for many years.

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### Focus Session to Eliminate Distractions

We simply forget that we are breathing...

When we decide to take several breaths on purpose, our bodies appreciate the extra oxygen that is supplied through the bloodstream to our entire system.

.....

[speech slows and becomes very relaxing and calm]

Take 10 full and deep breaths, allowing for each breath to relax you...

1- breathing deeply, allowing your belly to expand..... and exhale, letting the air simply escape.

...

2- take in a full breath of fresh air..... and let it go, allowing yourself to feel very relaxed.

...

3- make your breaths meaningful..... and exhale, just letting the air go.

...

4- focusing only on your breath..... and let it go, nothing else matters except breathing.

...

5- fully focusing on this breath in..... and when you let it go, you feel extremely relaxed.

...

6- all of your focus is on your breath..... letting all of your worries go when you exhale.

...

7- breathe with passion..... and exhale letting that wave of relaxation to come over you

...

8- the only thing that matters is your breath.....focus on it.....let it come in and go out

...

9- expand your belly as much as you can as you breathe in..... and exhale, letting your belly fall

...

And 10- Last one so make it really good and completely full..... and when you let it go, you feel so invigorated from this task.

.....

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### Focus Session to Eliminate Distractions

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

Allow your breath to return to a slower and normal flow now, and don't change anything about it...

Simply watch your belly as it still rises and falls, but not as much as it was when you were fully breathing.

.....

When you inhale naturally, I wonder if you can imagine that you are able to breathe all the way into your toes...

Feel as if when you breathe, the oxygen travels down to each one of your toes.

.....

and when you let this breath go, your entire legs become light and relaxed... almost as if they are supported by clouds.

.....

Good

...

And now, imagine that when you inhale, you are breathing all the way into each fingertip.

.....

Feel how your fingers feel when you are imagining your breath extends all the way to the tips.

...

On the exhale, your entire arms relax completely so that they feel as light as a feather.

.....

Good.

Now with the power of your imagination, see the next breath you take going all the way up your body and into your head... relaxing your mouth... eyes... nose... and ears..... and when you exhale, you feel light and relaxed... like you are floating on water.

.....

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### Focus Session to Eliminate Distractions

Breathe in and feel the breath going to your forehead, relaxing away any worrisome facial expressions you have carried throughout your life.

.....

Allow for the next breath to fill your entire head... relaxing your brain as well as your mind.

.....

Your head has never felt this relaxed before, and neither has your mind. Your mind is relaxed, and gently open.

.....

Great.

...

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

Now that your entire body and mind are relaxed, I want you to feel how focused you are right now on this relief you created in yourself...

You were just now very focused on breathing and visualizing that your entire body loosened and feels pleasant.

.....

This is the power of focus and how it changes anything you put it towards.

.....

So just let your mind drift and wander now, you don't even have to listen to these words too carefully.

You deeply hear everything I am telling you without having to try to listen at all.

.....

[reading at a medium/slow speed again, in a serious and helpful tone]

When it is time for you to focus, you must calm your body and brain first.....

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### Focus Session to Eliminate Distractions

Get comfortable wherever you are and do a simple breathing exercise and imagine the breath going into all areas of your body as well as your mind, relaxing you as you do so.

...

After this task is complete, and you find you are noticeably more relaxed, get a good understanding about where your focus needs to be....

If you have to do some work on the computer, get everything you need first, like a glass of water or a cup of coffee, and turn on or off whatever lights you need to.

...

You want to eliminate any distractions so that once you begin your task, you can be fully focused, and nothing will take your mind elsewhere.

...

Take care of anything that needs to be done, like chores or phone calls before beginning your task.

...

Our phones and other devices are very good at distracting us, so when you are ready to begin your task, put your devices on airplane mode or power them off so that no new notifications act as a lure, taking your attention away.

.....

If you are working on your computer, don't keep any tabs or windows open that are not specifically for the task you are working on....

Visiting social media can be detrimental to your focus, these sites are designed to distract you, they have entire teams that formulate how their product can distract more and more people throughout their day.

.....

Successfully eliminating potential distractions can allow for your focus to become precise as a laser.

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### Focus Session to Eliminate Distractions

Making sure you have everything you need and any pressing tasks completed before you begin is also extremely important.

If something else alerts your mind that you need to do, either finish that task first, or set a date later in the day to do that, putting all worries aside.

.....

Good.

...

Now you can allow yourself to come back to the present moment, and aware of your surroundings, taking all the time you need.

.....

You will find that you become better at eliminating distractions, allowing for your focus to move you forward in life each time that you listen to this session.

