

Step 1: Preparing for Meditation (2-3 minutes)

1. Find a Comfortable Position:

Sit in a comfortable chair or on the floor, with your back straight but relaxed. If sitting on the floor, you can cross your legs or sit in a kneeling position, whichever feels comfortable for you. You can also lie down if that's more relaxing, but make sure you're not likely to fall asleep.

2. Close Your Eyes:

Gently close your eyes. Allow the world around you to fade away for this moment.

3. Set an Intention:

Take a moment to set an intention or think about a positive affirmation. This could be something like "I am calm and present" or "I choose peace in this moment."

Step 2: Focus on Your Breath (3-5 minutes)

1. Breathe Deeply:

Begin by taking a deep breath in through your nose, filling your lungs completely. Hold for a second, then slowly exhale through your mouth. Allow your breath to become natural and relaxed.

2. Notice Your Breathing:

Pay attention to your breath as it flows in and out. Feel the cool air entering through your nostrils and the warmth as it leaves. Notice the rise and fall of your chest or belly.

3. Anchor Your Mind to the Breath:

If your mind starts to wander (which is completely natural), gently bring your focus back to the sensation of your breath. You don't need to judge yourself, just return to the present moment with each breath.

Step 3: Body Scan for Relaxation (4-5 minutes)

1. Scan from Head to Toe:

Start at the top of your head and slowly move your attention down through your body. Notice any areas of tension, tightness, or discomfort. Just acknowledge them without judgment.

2. Relax Each Area:

As you bring awareness to each body part, consciously relax it. For example, imagine releasing tension from your forehead, your jaw, your shoulders, and so on. Let each part of your body soften and feel more at ease.

3. Continue Down the Body:

Slowly work your way down to your toes. If you find a particular area that feels especially tight, breathe into it and try to release the tension.

Step 4: Awareness of the Present Moment (3-5 minutes)

1. Expand Your Awareness:

After relaxing your body, bring your attention to the present moment. Notice any sounds around you—don't judge them, just observe them. Pay attention to any sensations in your body, any thoughts that arise, or any emotions you may be feeling.

2. Let Thoughts Come and Go:

Thoughts may pop up. Simply observe them as they come and go, like clouds passing through the sky. You don't need to engage with them, just let them float by as you return your awareness to your breath or the present moment.

3. Be Fully Present:

Allow yourself to be fully immersed in this moment. There is nowhere you need to be, nothing you need to do. Just be here, breathing and existing.

Step 5: Closing the Meditation (2-3 minutes)

1. Return to Your Breath:

Gently bring your focus back to your breath. Take a few deep, intentional breaths to re-center yourself.

2. Reflect on Your Experience:

Before you open your eyes, reflect on how you're feeling. Are you more relaxed? More at peace? You might want to express gratitude for this moment of self-care.

3. Open Your Eyes Slowly:

When you feel ready, gently open your eyes. Take a moment to stretch your body and bring yourself back to your surroundings.