

Guided Meditation Scripts

Script for Focusing on Breath to Produce Calmness

Place one hand on your belly and one hand on your chest.

Begin to feel the chest rise and fall. Begin to feel the belly rise and fall.

Inhale.

Exhale.

Continue with your natural breath, feeling the air enter through your nostrils, then exit through your nostrils. Continue to feel your breath.

(Pause.)

On the next inhale, feel the belly rise, then the ribs expand and finally the chest lift, coming to the top of the breath below the throat.

On the exhale, the breath leaves the chest, ribs fall, belly contracts.

Continue with this breath feeling all three parts of the breath and think to yourself, belly, ribs, chest...chest, ribs belly.

Repeat this breath three more times.

(Long pause.)

With the third exhale, begin to feel the breath as a wave coming up from the belly and rising to the top of the breath beneath the throat.

Hold this breath for two counts, then let the breath go in a wave from the chest out the belly.

Continue with this wave-like breath, rolling in and up, then counting to two, and rolling out like a tide.

Feel the fluidity of the breath. Feel the complete cycle of the breath. Focus only on the breath.

Finish a final cycle of this breath and after the complete exhale, return to the natural breath.

Feel calmness in the breath.

Feel ease and steadiness.

When you are ready, open your eyes.