



## GUIDED MEDITATION ONLY

This is a brief guided mindfulness exercise  
to relieve stress and anxiety  
that you can do anytime, anywhere.

It will leave you feeling more grounded,  
relaxed,  
and alert to your present moment experience  
of your body and senses.

So to begin,  
allow yourself  
to get comfortable.  
You can be seated  
or you can lie down  
for this meditation.

Take a few deep breaths,  
inhaling deeply  
and exhaling slowly.

Allow yourself to let go  
of any stress you've been feeling.  
Let go of any tension  
in your shoulders.  
Let go of any tension  
in your jaw.  
Allow your breath  
to return to normal,  
simply bring your awareness  
to what it feels like  
to breathe right now.

Notice the physical sensations of breathing.  
Wherever that physical sensation  
of breathing is the most vivid,  
place your awareness there.

You might feel it most  
in the rise and fall of your abdomen.



You might feel it most  
in your nostrils.

Wherever that sensation is the clearest,  
simply place your focus right there.

Experience the inhale.  
Experience the exhale.  
Experience the in between.  
and each time that you notice  
that the momentum of your mind  
has drawn your awareness away from your breath,  
gently,  
non-judgmentally  
place your attention  
back on your breath.

You might find it helpful  
to say within your mind inhale  
each time you inhale  
and exhale  
each time you exhale.

By silently saying these words,  
you draw your attention back to your breath.

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Your mind will wander.  
Simply notice when it does,  
and with compassion and love for yourself  
accept or acknowledge that your mind has wandered  
and bring your awareness back  
to the physical sensation of breathing.

Observe each breath  
as though  
it's the first breath you've ever taken.

This is an opportunity to pay attention,



to pay attention to this present moment.

Place your attention on your breath  
in this present moment.

Simply notice and feel  
what it feels like  
to breathe in this present moment.

And as the momentum of the mind draws  
your awareness away from your breath,  
kindly and gently bring your awareness back  
to your breath.

Allow yourself to explore this moment,  
to be curious about this moment,  
to allow your breath  
to open up the doorway to this moment.

As you prepare to come out of this meditation,  
notice how you feel in your body.  
Take a moment to feel this feeling of presence.  
Take a moment to experience it,  
to notice what it feels like  
in your body to be present.

Offer yourself a little gratitude  
for taking the time to be present,  
and carry this feeling of presence with you  
as you go out into your day.

May you be present.  
May you be peaceful.  
May you be gentle  
on yourself today.  
Thank you.