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Beginner's Breathing Meditation: Free Relaxation Script

A 10-MINUTE BREATHING MEDITATION EXERCISE

PAY ATTENTION TO YOUR IN-BREATH AND OUT-BREATH

HERE'S HOW YOU CAN DO IT RIGHT NOW:

- Breathe in slowly
- Visualize fresh life-giving oxygen filling your body
- Breathe out slowly
- Visualize stress and anxiety streaming out of you
- Count each breath

- Relax, be still, & pay attention to your breath
- Count 10 breaths
- Now Repeat
- Relax, be still, & pay attention to your breath
- Repeat after each 10 breaths

Your mind will wander. That's ok. Just bring it back to your breath.

THIS IS MEDITATION.

Remember to relax and sit as still as possible.

ABOUT MEDITATION
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5 Excuses Not to Meditate

You want to spend some quiet time with your mind, but you have excuses. Take a moment to examine them. They might not be such a big deal.

- 1 Sounds Boring!**
Boredom is a big relief to have some time when you're not designed to be somebody or do something.
- 2 I Can't Sit Still**
It's just fine to fidget. Meditation develops over time. No one starts out sitting like a rock statue.
- 3 I Don't Have Time**
Time crunches are stressing us all out these days. But taking a pause from the rush-rush-rush may just help you use your time better.
- 4 I'm Scared to Be Alone**
You're not alone in that. Our culture has devalued taking time for ourselves. It hasn't always been that way. And it's not as scary as you think.
- 5 My Mind Is Too Fast**
So, let it go fast. If you sit there with a mind that will slow down, and speed up again. You don't need to try to find an ideal pace for your mind.

5 Reasons to Give it a Try Anyway

We can easily find excuses about why we can't meditate, but it turns out it's just as easy to find lots of reasons to do it. Here are just a few.

- 1 Understand Your Pain**
Mental pain and anxiety are a background noise that can interfere with what we do. There's a chance to see behind what's bothering us.
- 2 Lower Stress**
There's lots of evidence these days that excess stress causes lots of illnesses and makes other illnesses worse. Mindfulness decreases stress.
- 3 Connect Better**
Ever feel yourself slinging blame at a friend, lover, child, and you're not sure what they're saying? Mindfulness helps you give them your full attention.
- 4 Improve Focus**
It can be frustrating to have our mind stray off what we're doing and to get lost in six directions. Meditation helps our innate ability to focus.
- 5 Reduce Brain Chatter**
The annoying, challenging noise in our head seems never to leave us alone. Isn't it time we gave it a little break?



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The intention of meditation is intended to create a more calm and calm mind, while the meditation of the perspective aims to develop particular qualities such as wisdom or compassion. "Everything that does what it does is make us feel more stressed à €

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