

# Meditation Examples

## Activity 1: Light focus

- 1) Sit with your spine straight and relax your body. Slowly close your eyes and take three soft breaths. One... Two...Three.
- 2) Imagine there is a light, just between your eyebrows. Breath in and out and send that light out and around you, just like the moon circles the earth.
- 3) Now imagine there is a second light in your throat, breath out slowly and send that light around you.
- 4) Next, imagine there is a third light right where your heart is. Take three sort breaths and on the third breath, send the light around you.
- 5) Take a minute to take deep, slow breaths as the lights circle you, keeping you safe and calm.
- 6) As I count down from ten, slowly open your eyes. Stay still, relaxed and calm.

## Activity 2: Breathe Mindfully

- 1) Find a comfortable seat, Sit still, your spine straight and body relaxed, eyes closed.
- 2) Notice your breath, slow it down. Take three, slow breaths and feel your chest move up and down as you breathe.
- 3) Breathe in and out, feel the air coming through your nose.
- 4) Breathe in. Can you feel the air in your lungs? Do you notice your chest move in and out as you breathe?
- 5) Now, focus on your breathing, you are now feeling relaxed and calm. As I count down from ten, I want you to take a deep breath in and then out on each number.
- 6) Eyes slowly open.

## Activity 3: Beach

- 1) Sit still with your back straight and body relaxed.
- 2) Close your eyes and imagine a beach in your mind.
- 3) Stand on your beach and look out to sea, think about what you can see. Stroll along the beach, think about what shapes you can see, what smells and sounds there are.
- 4) As the sun beats down on your shoulders, take a deep breath and blow out the air.
- 5) When you reach the end of the beach, stand still.
- 6) Let the gentle waves cascade over your toes and slowly ebb away as you open your eyes.

## Activity 4 - Peaceful place

- 1) Sit in your chair and relax or lie down if you can. Let your arms rest loosely.
- 2) Imagine you are in your own peaceful place that makes you feel happy. Close your eyes. Have a look around.
- 3) Think about your peaceful place, imagine doing something that you enjoy.
- 4) Take three deep breaths, in through your nose and out through your mouth.
- 5) As I count down from 10, imagine yourself slowly leaving your peaceful place. Slow your breath as your peaceful place is just a spot in the distance.
- 6) Bring the attention back to the sounds around you. Take a final deep breath and slowly open your eyes.