

Script for a Simple Guided Meditation

This script is taken from the *Meditations for Relaxation CD*
(available to buy from www.tharpa.com or from your local Kadampa Buddhist Centre)

(This version is suitable for ages 7yrs and over)

You could read this out slowly in a gentle, soothing voice.

Begin by finding a comfortable position in which you can be both relaxed and alert.

Make sure that your back is straight but not tense.

Rest your hands in your lap and close your eyes and try and keep them closed.

Relax into this position and let all the stress and tightness in your body fall away. Now try and stay nice and still for the whole time.

Begin with a wish to use the meditation to develop good qualities – to help yourself and others.

Hold this wish for a few moments.

Now start to become aware of your breathing.

You don't have to change your breath in any way – just become aware of it and with your mind follow the process of breathing in and breathing out.

Try not to follow any other thoughts that arise, but keep your attention focused just on your breathing.

Start to become aware of the sensation of the breath as it enters and leaves the nostrils or lips.

At first, the sensation might be quite difficult to detect, but if you keep your concentration focused in that area it will gradually become easier to feel it.

However slight your awareness of the sensation, remain focused on it and try to forget about everything else.

Resist the temptation to follow any other thoughts and remain focused just on the sensation of the breath.

If you notice that your mind has wandered off and is following other thoughts, immediately return it to the sensation of the breath.

Continue in this way – focusing on the sensation of the breath and bringing your attention back to it every time it wanders off.

Gradually your distracting thoughts will get less and less and you will begin to experience a sense of peace inside and feel nice and relaxed. Your mind will feel unusually clear and refreshed.

Stay with this feeling for a while.

Now you can remember your wish to use this meditation to develop good qualities – to benefit both yourself and others, and mentally think that that is what the meditation was for. Now make a strong decision to keep this peaceful feeling all day long, so that you will be peaceful with everything you think, say and do.

Now you can open your eyes and finish the meditation.