

## **Guided Meditation**

Created by Natalie Rothstein

Let's start off by finding a comfortable position. You can either be laying down on the ground or sitting up straight. Have your hands resting gently by your sides with your palms facing up or facing down. You can close your eyes if that feels comfortable or find a spot to softly focus your gaze on. (pause 30 seconds)

I'm going to guide you through this meditation. During this meditation, you will be able to fall into relaxation and deep, mindful breathing. Amidst the busy day to day, taking this time to practice mindfulness through meditation allows your mind to quiet and to be fully present with your breath. During this meditation, if you find your mind wandering, simply acknowledge it and return to the meditation. You can label it "thinking" or "wandering". (Pause 10 seconds)

Take a moment to acknowledge how your body is feeling. (Pause 10 seconds) What sensations do you notice? (pause 10 seconds)

Feel your body on the ground. Feel the air against your skin.

Think back to the Hebrew word for breath - Neshamah. Use this meditation to connect to your breath, Neshamah. (Pause 5 seconds)

Throughout this guided meditation we will focus on the breath. There will be many times that I ask you to focus on your breathing. Notice how you're breathing at this moment.

Are you breathing fast or slow?

Are you breathing through your mouth or nose?

Are your breaths shallow or deep?

Let's begin shifting to deep breathing. Put your hands onto your stomach. Take a full, deep breath in, feeling your stomach rise as you breathe in and then fall as you breathe out. (Pause 5 seconds) Breathe in (pause), breathe out (pause). Continue with deep breathing. You can keep your hands on your stomach or bring them back to your side, do what feels most comfortable for you.

Now let's come together as a group in synchronized deep breaths. For the next few breaths, breath in through your nose and out through your mouth. Breathe in a deep belly breath through your nose and let that breath out through a loud sigh- letting go of negative energy. Breathe in, and sigh out. Let's do that one more time. Breathe in, and sigh out.

Now let's shift our breathing to in through your nose and out through your nose. (pause 20 seconds)

Follow my counts as we mindfully float into a breathing pattern.

Breathe in 2 3 4 hold 2 3 4 Breathe out 2 3 4

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Breathe in 2 3 4 hold 2 3 4 Breathe out 2 3 4

Breathe in 2 3 4 hold 2 3 4 Breathe out 2 3 4

Now notice how slow and mindful your breathing has become. Take a moment to feel the calmness of your breathing.

For the next few minutes, in silence, allow yourself to focus on your breathing, you can think in your mind “breathing in” and then “breathing out”. If at any point you find your mind wandering, acknowledge it, and then return your focus to your breath. (pause 5 minutes)

Notice now, how connected you feel to your breath after spending time alone with your breathing. (pause 10 seconds)

Think about how you can take this mindful energy throughout the day with you. Taking moments to notice your breathing, to be present with your breathing. Sometimes, a few full deep breaths can truly help shift and relax your energy.

Now, I will guide you to start to shift out of this meditative state. Take 3 deep and slow breaths. (pause 15 seconds).

Start to slowly wiggle your fingers and toes. Feel the ground beneath you. Begin to return to full consciousness. When you feel ready, you can open your eyes and join this present moment.