

## Brief Guided Daily Meditations

### Morning Gratitude Meditation

“Good morning. Let us begin this day with a moment of gratitude. Begin by sitting in a comfortable position. Sit in a chair or on the floor with your legs crossed. Feel your body against the chair or the floor. Notice the air passing in through your nose and out through your mouth as gently and steadily breath. Take the next few moments to simply be aware of these breaths. [Wait 1 minute.] On your next in breath, think of something you are grateful for this day. You may be grateful for the sunrise this morning, an event upcoming today, the opportunity to be with a friend today, or anything else you appreciate today. On your next out breath, release all of your gratitude for this day out into the world. Let your joy and thankfulness out into the world. For the next several breaths breath in something you are grateful for and release your gratitude back into the world. [Wait 1 minute.] Return your attention to this moment, and feel ready to begin your day.”

### Daily Focused Attention Meditation

“Find a comfortable position to sit in, with your feet flat on the floor, your spine straight, your shoulders relaxed, and your face looking straight ahead. Gently relax your eyes, so that they are closed or half-closed. Notice how your body feels in your chair, the temperature in the room, and noises quietly in the background. Now, bring your attention to your breath. Bring all of your attention to your breathing. Take gentle, steady, regular breaths. Take the next few moments just to breathe. [Wait 30 seconds.] Feel the air as it enters through your nose, and as it leaves your mouth. Notice how cold it is as you breathe in and how warm as you breathe out. Notice your thoughts as they come and go. If you find yourself becoming attached to a thought, simply notice it, and let it go. Each time a thought catches you, simply ‘Notice and Let Go.’ Take the next several moments to attend to your breathing, noticing and letting go of your thoughts. [Wait 3 minutes.] Bring your attention back to this moment, noticing the room around you again, slowly opening your eyes. Be ready to focus your attention throughout this day.”