

Guided Meditation

Meditation for Focus + Concentration

Close your eyes and take a nice, deep breath. Keep breathing deeply and feel the cool air coming in through your nose and flowing all the way down to your belly.

Feel your belly extend as you breathe in, and feel it go flat as you breathe out.

Now, listen carefully to any sounds outside and around you. You may hear outside noises - maybe cars, birds, or something else. Just listen for a moment.

Now, turn your focus within.

Listen quietly to what you hear happening within your body. Can you hear your heart beating? Can you hear your breath as you inhale slowly?

Maybe your tummy is making noises or you hear the sound of your heart beating. Whatever is going on inside, just take time to listen.

You can use this attention and concentration anytime. As you go about your day, if you need to focus, just stop and close your eyes for a moment.

When you find yourself in the middle of something and need to concentrate really hard, imagine you're holding a magnifying glass.

Choose one thing to look at - maybe your breath, or the way your hands feel, or the sound of your heartbeat.

Notice every little detail about it, just like you'd notice tiny lines on a leaf or the shiny surface of a pebble through a real magnifying glass.

Tune out your surroundings and focus all of your attention on that one thing. This helps remind us where we are and brings us back to the present moment of now.

While you do this, keep gently breathing in and breathing out.

When we do this, we become more mindful and more aware of the present moment. And we feel more connected to what's going on right here and right now.

Our lives can get busy. There are so many fun activities to participate in, games to play, and friends to talk and play with. And there are chores, homework, lessons, and family activities.

But sometimes we really need to concentrate on the task at hand to get it done and to feel good and proud of ourselves. We also need to remind ourselves how important it is to live in the present moment, be centered, to be connected with who we truly are and what really matters.

We have everything inside. The beauty of the entire universe, inside of us.

When you notice your busy mind starting to wander, picture your magnifying glass again and bring your focus back to one small thing. Just that one thing.

Now when you're ready, take in a nice deep breath and stretch your body.

Even though we're finished with the meditation, you can stay in this present moment, feeling fully focused and mindful.

