

Guided Meditation

"Raindrop" Concentration Meditation

Find a comfortable position. Sit with your feet on the floor or lie down with your arms resting loosely.

Close your eyes if you like, or keep a soft gaze. Take a slow, deep breath in through your nose... and let it out gently through your mouth.

Allow your body to fully relax. Notice any tension you may be holding, and just let it all go.

Now, picture yourself near a window on a rainy day. You can hear the soft tap of raindrops as they land.

Look closely at the clear glass. Can you notice one single drop sliding slowly down?

Watch how the raindrop moves... not in a straight line, but drifting and curving as it goes.

Let your mind follow that raindrop from the very top to the moment it reaches the bottom.

Every time your thoughts wander away – maybe to what happened earlier or what you need to do later – gently bring your mind back to the raindrop.

Doesn't it feel nice to focus on one thing and let your mind go quiet? No person, teacher, homework, or screen needs your attention right now.

Feel the peace that comes from this break from the noise.

Choose another drop and follow again. Notice its shape, the way the light reflects inside it. See how it sometimes joins with another drop before continuing the rest of the way down the window.

The more you focus on one drop at a time, the quieter the rest of the world feels.

This is how focus works in everyday life. We can't control all the drops on the glass or all the thoughts that pass through our mind, but we can choose one to pay attention to.

We can stay with it until we're ready to move on.

If you need to concentrate during class, while studying, or before a game, you can imagine this window and find your raindrop.

Follow it with your mind until everything else fades into the background.

Take one last slow, deep breath. Then gently let it out. Let your body sink down as you continue to breathe deeply.

When you're ready, slowly open your eyes.

Notice how your body and mind feel more steady and calm.

Remember you can come back to this practice any time you need to concentrate – or just need a break from the noise.

