

Meditation Scripts Schools & Work

Definitions

There are many definitions for mindfulness and meditation. For what we are working to achieve at Mindful Meditation Australia – We use:

Mindfulness

Mindfulness is the mental skill of attention. It means to pay attention, or to focus, or to hold something in mind. Mindfulness is a shift from automatic, reactive thought to conscious directed thought. It implies seeing things clearly and accurately which usually leads to a better outcome.

Meditation

Meditation is a technique that relaxes the body quickly and calms the mind. It involves two skills. The first is learning to relax quickly and consciously. The second is learning to pay attention, notice, and manage thoughts. Relaxation and attention work together. Focusing on the body relaxes it, and the act of focusing assists with managing thoughts and calms the mind.

Message for Meditators

During this meditation activity, at any point feel free to open your eyes, take a few deep breaths, and re focus on where you are in the room and then on my voice.



Mindful Posture

The Practice

This tool introduces a posture that supports becoming more alert through a quick evaluation and body adjustment. A quick meditation technique that assists classroom teachers to help students focus.

Link to mindfulness and meditation

Adjusting our posture to one that is more alert focuses attention to what we are doing. This is a physical shift that encourages attention.

The Science

This activity is about building positive association with stopping and noticing or checking in which will ideally lead to self-regulation.

Practice Script

Get into a position that is relaxed and alert, your mindful posture. This might mean that you are not slouching as much as you normally would be. Find a comfortable way to sit with both feet on the floor.

No need to tense your back or shoulders. Rest your hands in your lap,

When you're in your mindful posture, you can either gently close your eyes or if you want to keep your eyes open, just look down at the floor in front of you.

Notice the contact of your feet on the floor. Notice if the weight is more on the left or the right foot... Feel the contact of your sit bones on the chair, notice if the weight is more forward or back, to the left or the right...

Feel the contact of your back against the chair...

Now see if you can expand your attention to your whole body.

Now that we're all in our mindful postures, we're going to see if we can stay in our mindful postures for about one minute. Use the time to just notice sensations in your body.

OK, open your eyes now. That was great everyone.

Body Breathing

The Practice

This tool introduces deep breathing. It can be used to help calm our bodies and minds. Teachers report this brief meditation practice, when used regularly, can help improve student concentration and on-task behaviour.

Link to Mindfulness and Meditation

With negative thoughts, emotionally charged moments or just to take a break; this tool assists with moving from an automatic and reactive place into a more calm and focused place.

The Science

Breathing helps to calm the central nervous system.

Practice Script

Find your Mindful Posture. One that is relaxed and alert.

We are going to do some deep breathing. Follow the instruction but find a pace that is right for you.

Gently close your eyes or, if you prefer, look down at a spot on the floor in front of you.

Inhale deeply and slowly through your nose, almost completely filling your lungs with air... Then exhale fully. Breathing in your own time, another deep breath in and out.

Notice the sensations of fullness and release as you breath in and out...

Focus your attention on your chest and belly, noticing the rise and fall of each breath.

Notice how far into your belly each in breath goes, where does it stop?

Notice how high into your chest each breath goes, how wide.

With each exhalation, feeling yourself getting a little heavier and relaxing into the chair a little more.

When you're ready, slowly wiggle your toes and your fingers.

When you feel complete, let your eyes open In your own good time. Bring this quality of relaxed alertness with you into your day.

Mindful Exploration

The Practice

This activity helps participants understand what it feels like to take something into deeper consideration. Strengthen ability to look at positive or negative circumstances with more clarity.

Link to Mindfulness

This activity strengthens the mental skill of attention by teaching how to pay attention or to focus, or hold something in mind. It encourages conscious directed thought. It helps build an ability to see things clearly and more accurately.

The Science

Studies in adults have found that the skill of holding attention leads to the development of grey matter in the brain in the pre-frontal cortex. This is the area of the brain that helps our bodies self-regulate our emotional responses to become more mindful.

Practice Script

Find your mindful posture. One that is relaxed yet alert.

Feel your feet on the ground, feel the chair under you and behind you.

Take a few conscious breaths, noticing the quality of the in breath and the out breath. Feeling each breath in your chest and your belly.

Noticing the rise and fall of each breath.

Choose an object in front of you. It might be something on the table, your pencil or pen, a water bottle. Anything.

Let's really begin to focus on this object.

Look at the colour, start to look at the shapes and patterns that are all part of this object. You might notice where there is some wear and tear or signs of use. See where the shadows fall on the table or where contact is being made. Enjoy the intricacy of the object.

Now start to ponder and appreciate everything that has gone into making this object. Raw materials, natural resources. Maybe imagine the factory line or place where it might have come from, who handled it, and what journey has it taken to get to you.

You might imagine where this object began in our history. What has this object maybe enabled us to accomplish as a civilization, how it made life easier or more efficient.

Pick up or touch the object. Take a moment to reflect on how your experience or opinion of this object has changed? Do you have more appreciation for it?

Mindful Thoughts

The Practice

Sometimes, when our minds get carried away in thought, we create scenarios that haven't happened, possibly linked to an emotion that isn't helpful in the moment. By learning to harness and manage thoughts, we develop more choice in how we use our minds.

Link to mindfulness

This activity strengthens the mental skill of attention and introduces the difference between automatic and reactive thought and conscious directed thought. It helps build an ability to see things clearly and more accurately.

The Science

This type of sustained training of the pre-frontal cortex helps build the neural pathways for conscious, directed thoughts instead of the brain's automatic reactions of fight, flight, or freeze.

Practice Script

Find a posture that is relaxed and alert, your Mindful Posture.

Feel your feet on the ground, feel the chair under you and behind you.

Close your eyes if you are comfortable to. You can also keep your eyes open for this mindfulness activity. And take notes.

Take a few conscious breaths, noticing the in breath and the out breath. Feeling each breath in your chest and your belly.

During this activity, we are going to observe our thoughts.

First, let's experience a thought together. In your mind, without speaking any words, say the word hello. Now scream the word hello.

This is what your internal voice sounds like. You have control over it.

We're going to try and recall the tone of our thoughts from waking up until this point right now.

Today, have the quality of your thoughts been positive, negative or neutral?

What was it like when you woke up, were you happy with the amount of sleep you got? Was it pleasant or were you feeling frustrated with how you slept the night before. Did something wake you up or was your transition to being awake nice?

How was your morning routine? Calm, relaxed normal. Did something happen that caused stress or worry? How was your drive to the course? Busy or rushed, enjoyable and calm?

Were you unfocused while driving here, angry you couldn't find a park, pleased when I arrived at the venue, anything.

Really notice any common themes or Judgements you may have had.

Do your Body Breathing, take a few long and slow deep breaths, noticing the in breath and the out breath. Feeling each breath in your chest and your belly.

Bring your full attention back to the sensations of breathing. Feel where your body is making contact with the chair. Take a moment to feel some gratitude for your experience. Have a little stretch and gently open your eyes if you haven't already.

Recognising & Managing our Feelings and Emotions

Note: Mindfulness is not about denying or avoiding feeling and emotions. It's about experiencing them in a more productive way.

The Practice

This activity helps us understand how we experience and manage our feelings and emotions.

Link to Mindfulness

This activity strengthens the mental skill of attention. It involves paying attention to how we experience emotions.

The Science

The ability to regulate emotions is a process managed by the pre-frontal cortex and is central to being mindful. Strengthening the pre-frontal cortex is achieved through meditation practices such as this activity which helps limit the body's automatic and reactive fight, flight or freeze response.

Practice Script

Find a posture that is relaxed and alert.

Gently close your eyes or if you prefer, you can look at the floor or in front of you. Do a Body Breath by inhaling deeply and slowly through your nose, almost completely filling your lungs with air. Breathe deeply until you almost reach the end of your breath.

Slowly exhaling until most of the air is expelled from your lungs. Let your breathing go back to normal when you're ready.

Let's begin to examine a feeling.

I invite you to think about something you really enjoy doing or a pleasant experience you have had. It can be anything at all. (pause)

Try imagining that you are doing this activity right now or recreating that pleasant experience..... See the colours, objects, or people involved, try to pretend you are there right now having this experience. See if you can remember the smells, the sounds, try to recognise some of the details of the experience. (Pause)

Find a word or two to describe the feeling associated with this experience.

What sensations do you have in your body when you are trying to recreate this activity you enjoy doing? Is your heart beating faster or has it slowed down, do you feel warmer or cooler? Are you more alert?

Scan your body from head to toe and notice any sensations in your body. You might feel hot or cold, tingly or numb sensations.

Notice areas of comfort or discomfort, tension or relaxation. Notice where they are in your body and how you are aware of them. What qualities do they have?

Notice your emotions. Where are they in your body? How much space do they take up?

What qualities do they have? Do they have a texture, a weight or a colour? Or any other quality? Take some time to just sit with them with curiosity.

Now return to your breathing, take a few deep breaths. Notice your feet on the ground. When you're ready open your eyes.

Mindful Listening

The Practice

This activity helps us develop the skill of attention and calms the mind.

Link to Mindfulness and Meditation

This meditation practice is relaxing in nature and helps calm the mind. It's about fine-tuning the mental skill of attention by focusing on sounds. Paying attention to sounds helps with calming the mind and strengthens ability manage thoughts.

The Science

This activity helps train the brain to focus by concentrating on listening. This training of the pre-frontal cortex helps build the neural pathways for conscious directed thoughts instead of the brain's automatic reactions of fight, flight, or freeze.

Practice Script

Today we're going to practice listening to the sounds in the environment around us.

Adopt a position that is alert and relaxed.

Gently close your eyes or if you like, look down at the floor in front of you. Inhale deeply and slowly through your nose, completely filling your lungs with air, breathe deeply until you reach the end of your breath.

Slowly exhaling until almost all the air expelled from your lungs. Let your breathing return to normal when you're ready.

Start to focus on the sounds in the room. Really tune into the sounds around you. (Pause)

Now notice any sounds outside the room. (Pause)

Notice which sounds you find pleasant and those that are unpleasant, perhaps a bit grating. (Pause) Try to move past your preference to any one sound and just observe (Pause)

You might start to extend your awareness to other sounds inside or outside the room. (Pause)

You might choose to follow one sound for a moment then switch to another. (Pause)

If your mind wanders, just re-focus it on listening. (Pause)

Continue to be aware of what you can hear, and also feel become aware of your feet on the ground, and where contact is being made with the chair.

Allow your attention to be both on your body and on the sounds you can hear.

Notice that you can be grounded in your own body and aware of your environment.

Bring this feeling of relaxed attention with you into your day. Any time you need to ground yourself, just notice your feet on the ground and take a few deep breaths.

As we finish, begin to wiggle your fingers and your toes. Open your eyes and look at something in front of you while you adjust to the room.

Take a moment to feel some gratitude for your experience.