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A 5 Minute Meditation

1. Set a timer for 5 minutes...or sit where you can easily see the time.
2. Sit in a chair, feet on the floor. Rest your right hand in your left, thumbs gently touching. Place your hands in your lap and straighten your back.
3. Close your eyes. Say to yourself, "Now is my time to meditate".
4. Now, focus on releasing any tension you might be holding in your body. Quickly scan your body: scalp...forehead...neck and chest...shoulders etc. If you notice any areas of tension/tightness, pause briefly and silently say to yourself, "Relax...."
5. When your scan is complete, concentrate on your breath. Feel the coolness of the air as you breathe in, its warmth as you breathe out. Just breathe normally, keeping your awareness on each inhale, each exhale. That's all....

Your mind may start to wander. Simply let go of the thought, returning your focus to each inhale, each exhale. Do this for five minutes or until the timer goes off. Don't worry if your mind wanders a lot. This is natural. It is often called monkey mind because our minds seem so overactive and resistant to resting in a peaceful focused manner.

The more you practice meditating, the greater the focusing skill you will develop. Start with five minutes, once every day.