

**This is a short guided meditation practice from Buddhism Guide called Present Moment Meditation.**

Sit comfortably with your back straight and your eyes lightly closed

(three bells)

To start with we'll be breathing in through our nose, holding the breath and then releasing all the air out through our mouth.

So let's begin – breathe in.....hold.....release the air through your mouth.....and relax.

Again, breathe in.....hold.....release.....and relax

One last time, breathe in.....hold.....release.....and relax

Now, just breath normally, don't force the breath, just let it find its own natural rhythm.

Become aware of your breath entering and leaving your body.

Don't think about the past or the future, just place your undivided awareness on your breath for a moment

(30 seconds)

As you focus on your breath, you are brought comfortably into the present moment.

In this moment, there's no tension...stress...anxiety...worries...or pain

There is only you and your breath

(30 seconds)

In this present moment, you're safe, loved, warm, free, calm and at peace

Feel the wonder of this present moment radiating throughout your whole body

(one minute)

Totally feel the peacefulness of this present moment

There has never been a moment like this

Let the here and now embrace you in its total calmness

(one minute)

Try and keep this present moment calmness in your heart for the rest of the day

If you feel it slipping away, just close your eyes, focus on your breath and you'll be transported back to the here and now

In a moment, you will here the final three bells. Calmly listen to the bells and then, when you're ready, very slowly open your eyes and introduce yourself back into the external world.