
BEGINNER SERIES: *COUNTING MEDITATION*

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To find out more about my full course, check out:

www.Relaxation2Go.com

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As always, the advice of a medical doctor or other professional should be sought before starting any program.

MEDITATION SCRIPT

Beginner – Focus on Breath

Close your eyes and take a deep breath through your nose making sure your stomach rises as you do. Now exhale through your mouth allowing your stomach to go back down to its natural position. Take another deep breath in through the nose...and...exhale again through the mouth. One last deep breath in...and...exhale. Now just continue to breathe normally through your nose.

We're going to count now from one to five. I'd like you to count with me silently or out loud.

One, two, three, four, five.

Focus all of your attention on your counting. As I say each number, try to imagine the number in your mind. One, two, three, four, five.

One, two, three, four, five.

Try to imagine each number as you say it.
Focus all of your attention on the numbers.

One, two, three, four, five.

The goal is to keep your focus on the counting and to reduce your other thoughts. It's perfectly natural to have thoughts pop into your head. As a thought comes in, just become aware of it and then go back to focusing on your counting.

One, two, three, four, five.

It's very important that you're counting to yourself or out loud and that you are focusing all of your attention on that one task. As you have other thoughts, just bring your focus back to the counting.

One, two, three, four, five.

Bring your attention back to your counting.

One, two, three, four, five.

You may suddenly realize that you've become lost in your thoughts and have stopped counting. That's perfectly fine. As soon as you realize this, simply start your counting again.

One, two, three, four, five.

You may find yourself being distracted by sounds around you. When you become aware of this distraction, simply restart your counting.

One, two, three, four, five.

Bring your attention back to your counting.

One, two, three, four, five.

Let's go ahead and end this meditation for now. Take a deep breath in through your nose and exhale through your mouth. Open your eyes when you are ready.

If you're interested in learning more easy meditations and also how to meditate the correct way, take a look at my full course at the link below.

[Simple Meditations for Complex Times](#)

Anyway, thank you for your time and don't forget to check out my blog for all of the latest tips and tricks for relieving stress and having a happy, healthy life.

[Ali's Blog](#)