
MEDITATION: FOCUS ON SELF

By Ali Sharifi

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

<http://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.

FOCUS ON SELF

The point of this meditation is to help you focus quickly and completely, and to become more in tune with your body. As you practice it more and more, you'll find it easier to maintain your focus during meditations. You can do this meditation for as short or as long as you'd like.

Script

Find a comfortable spot to sit or lie down. Close your eyes and relax. In a moment, I'm going to ask you to take a deep breath through your nose, making sure your stomach rises as you inhale. I'll then ask you to hold your breath for two seconds and then to breathe out through your mouth. Go ahead and take that deep breath now. Hold for two seconds and breathe out through your mouth. Repeat this three times now. Continue to breathe normally as you allow your body and mind to relax.

Focus your attention on your body. Take notice of any tension or sensations you may be feeling. Move your focus to one of these points now. As you're focusing all of your attention here, you may notice a sensation in another part of your body. If this is the case, move your focus to this new point. Continue to maintain focus on this point until you feel something in another part of your body and then focus your attention there. Continue to do this for as long as you feel comfortable.

As you are doing this focusing exercise, you will undoubtedly experience many thoughts and possibly some emotions as well. As you do, simply refocus your attention on your body. If you do not feel any sensations in other parts of your body, that's ok too. All you need to do is move your focus wherever you'd like around your body every 30 seconds or so.

Go ahead and end this meditation by taking a deep breath and opening your eyes.

If you want to learn all of the ins and outs of meditation, I think you should check out my full course on meditation. You get four audio guided meditations with relaxing music and I explain each one to you in detail, along with other very practical information about how to incorporate meditation into your life.

[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](#)