

# Meditation

1. Verb Base Form
2. Noun
3. Verb Present Ends In Ing
4. Part Of Body
5. Verb Base Form
6. Verb Base Form
7. Noun
8. Adjective
9. Verb Base Form
10. Number
11. Verb Present Ends In Ing
12. Adjective
13. Adjective
14. Noun
15. Noun
16. Verb Present Ends In S
17. Part Of Body
18. Noun
19. Verb Base Form
20. Verb Base Form
21. Proper Noun
22. Part Of Body
23. Noun

24. Number \_\_\_\_\_
25. Adjective \_\_\_\_\_
26. Number \_\_\_\_\_
27. Adverb \_\_\_\_\_
28. Part Of Body \_\_\_\_\_

# Meditation

Begin by saying: "I will guide us through a mindfulness meditation for the next five minutes."

Instruct participants to close their eyes and take three deep breaths; do so along with them.

Say: "As we \_\_\_\_\_ Verb Base Form here, in communion with \_\_\_\_\_ Noun and each other, you'll notice thoughts \_\_\_\_\_ Verb Present ends in ING across your \_\_\_\_\_ Part of Body. Acknowledge them, but try not to \_\_\_\_\_ Verb Base Form on them. Accept all the noises you \_\_\_\_\_ Verb Base Form around you. They aren't \_\_\_\_\_ Noun; they're simply the \_\_\_\_\_ Adjective rhythm of your current space. All you need to do right at this very moment is sit and \_\_\_\_\_ Verb Base Form.

Pause for \_\_\_\_\_ Number seconds.

Say: "Your mind is probably \_\_\_\_\_ Verb Present ends in ING from thought to thought. This is \_\_\_\_\_ Adjective. You belong. Don't worry about your \_\_\_\_\_ Adjective mind; just focus on your body's \_\_\_\_\_ Noun going in and out."

Pause for \_\_\_\_\_ .

Say: "Observe the \_\_\_\_\_ Noun of your breath. When a thought \_\_\_\_\_ Verb Present ends in S into your \_\_\_\_\_ Part of Body, release it and \_\_\_\_\_ Noun on your breathing. \_\_\_\_\_ Verb Base Form the breath in and \_\_\_\_\_ Verb Base Form the breath out. Let go of \_\_\_\_\_ Proper Noun about how this meditation would go and just keep bringing your focus back to your breath."

Pause for 30 seconds.

Say: "Feel your \_\_\_\_\_ Part of Body rise and retreat with each passing breath."

Pause

for 30 seconds.

Say: " \_\_\_\_\_ Noun \_\_\_\_\_ on completing a mindfulness meditation. You are now \_\_\_\_\_ Number \_\_\_\_\_ baby step closer to connecting with the \_\_\_\_\_ Adjective \_\_\_\_\_ and getting to know yourself better. Good work."

Instruct the participants to take \_\_\_\_\_ Number \_\_\_\_\_ more deep breaths and do it with them.

Say: " \_\_\_\_\_ Adverb \_\_\_\_\_ open your \_\_\_\_\_ Part of Body \_\_\_\_\_."