

Get Focused Meditation

Learning to focus works to calm you and relieve stress.

1. Begin with some gentle, focused breathing. Breathe in through your nose and breathe out through your mouth. Breathe in for three counts and out for four counts.
2. When you feel comfortable sitting with your breath, shift your attention to your body. Gently focus your attention on the movements of your body. As you sit in a relaxed position, simply observe any tickles, itches, or sensations that arise and let them pass. Try to keep stillness in your body during this time.
3. Now visualize a word or phrase in your mind. Perhaps you think “Present”, “Focused”, “Right here, right now”, “Still”. Keep your attention softly focused on this word or phrase, repeating every few moments.
4. If your mind wanders, don’t worry about it. Just notice any distractions and let them pass, returning your attention to your breath, your body or your mantra.

You can do this exercise for as little as one minute, once or twice a day to experience the benefits of a focused meditation. After a while you can increase the time if you like. Once you have some experience with it you might find that focusing on just your breath, your body or your mantra is enough to bring you focus and calm.