For this meditation you will need a pen, some paper and a way to listen to a piece of music. We have used Keith Jarrett – Köln Concert Pt 1 but it can be anything that relaxes you. It is best to choose an instrumental track without lyrics. This will enable you to focus on the sound and sensations you might begin to feel.

You can choose to find a quiet space but it may also work in a busy setting on a pair of headphones. It is a chance to get into your body, to focus and take some time for yourself.

When you’re ready to start —-

Sit for a moment in your favourite chair, or if you are more comfortable on the floor, find your way there.

Find a place to put your paper, hold onto your pen, put your headphones in or play the music just loud enough to lose yourself in it.

Make sure you feel secure and won’t be disturbed or distracted.

Close your eyes.

Breathe In…

Breathe Out…

Breathe In…

Breathe Out…

Let your breath fill your stomach. Hold it there for a moment.

Release.

…Breathe In

…Breathe Out

…Breathe In

…Breathe Out

Roll your shoulders forward once, then back. Let them drop. Ease out any tension you are holding there.

Holding your pen, place it onto the paper in front of you. Keep your eyes shut.

Breathe In…

Breathe Out…

Breathe In…

Breathe Out…

Turn your attention inwards. What are the sensations in your body? Is your stomach grumbling? Perhaps your feet ache from a long day? Or are there worries tightening in your chest?

Use your pen to make marks on the paper. Let your pen make any shapes and marks. Keep your eyes closed — it doesn’t matter what it looks like.

…Breathe In

…Breathe Out

…Breathe In

…Breathe Out

Breathe In…

Breathe Out…

Breathe In…

Breathe Out…

Concentrate on your breathing – can you slow it down – make the breaths deeper? Listen closely to your body. Have you started to move to the music? Does your stomach skip as the music builds? Let your pen echo these sensations on the paper.

Breathe In…

Breathe Out…

Breathe In…

Breathe Out…

…Breathe In

…Breathe Out

…Breathe In

…Breathe Out

Breathe In…

Keep making these marks as your listen to the music and your body tunes into the rhythms, pitch and shifts in cadence.

Breathe In…

Breathe Out…

Breathe In…

Breathe Out…

Concentrate on your breathing

Breathe In…

Breathe Out…

…until the music ends...

Take a deep breath, let it wash across you as you breathe out.

Take another, let it wash across you as you breathe out.

Sit still for a moment, breathing slowly and gently

When you are ready – open your eyes.

Take a moment to look at the marks your pen has made on the paper.