

Present Moment Focus -Script

- Find a comfortable position, either sitting with your feet on resting on the floor or lying down. Take a moment to bring your breathing in to a comfortable and regular pattern.
- Bring to mind a recent worry and focus on that worry. Sit with that worry and notice how it affects you. Hold it in mind and let it fill your awareness.
- Now draw your awareness away from the worry to your breath, if the worry shows up notice it and bring you attention back to the breath.
- Now notice begin with to the sounds in the room you are in. What are these sounds, notice the pitch, volume the tone and if they are close to you or far away. Notice how these sounds may come and how one sound may leave as another enters.
- Now draw you attention to the sensations you are experiencing. Notice the temperature in the roomthe colours you can see...the areas of light and shadow... the smells. If you notice your mind wandering away from the here and now, gentle bring it back to the last thing you had noticed, don't judge it minds wander it's what they do, just notice it and gentle and purposefully bring your mind back to noticing your surroundings.
- Now bring your attention to your body, notice how your body feels in the chair you are sitting...areas of tension and relaxation, and notice the pattern of your breathing, the weight in your chair and the feeling of the clothes on your body, notice the temperature, are you warm or cold?
- Now gently and deliberately shift your attention every so often between the sounds in the room, the sensations you can feel and what you can see? Stay with each experience for about a minute and then move on to the next one. If you notice your mind wander, gently bring your attention back to the last place you focused, the last sound or sensation you noticed. Notice any changes in your body or mood.
- Once you have spent some time moving your focus across a number of sights, sounds and sensations, try to become aware of them all for a few minutes. Let them fill your attention.

