

# 15-Minute Mindfulness Meditation Script

Mindfulness is focusing on an event in the present moment, without judgment.

Whether you are instructing yourself or someone else, know that it is normal for the [mind to wander](#) or get distracted, especially in the beginning. The key is to keep gently bring your attention back to your breath every time you notice it is elsewhere.

*You cannot fail at mindfulness practice. Noticing your mind to have wandered off is itself a mindful act*

## 15-Minute Mindfulness Meditation: Times

A rough time estimate for each step of the 15-minute mindfulness meditation script:

1. Getting comfortable & relaxed – 1 minute
2. Setting an intention – 1 minute
3. Focusing on the breath – 4 minutes
4. Noticing distractions – 3 minutes
5. Body scan – 3 minutes
6. Loving-kindness meditation – 2 minutes
7. Ending the meditation – 1 minute



## 15-Minute Mindfulness Meditation: Script

Start with the idea that you'll practice it every day, even if for a few minutes, if you cannot do it for fifteen minutes.

Read through the steps first, then record them in your own voice on your mobile.

### Step 1: Getting Comfortable & Relaxed.

- Sit in a comfortable seated position, either on a chair or on a cushion on the floor.
- Make sure your back is straight, and your feet are firmly planted on the ground.
- Allow your hands to rest on your lap or knees, with your palms facing up.

## Step 2: Setting An Intention.

- Take a moment to set an intention.
- It could be: *"I want to feel more calm and more centered today"* or *"I want to focus on my breath and increase my attention span."*

Without an intention, your mindfulness meditation becomes a feeble attempt at focusing ("taming") the distractions.

Intention gives it a purpose, making it valuable and keeping you on track during the session.

It also reminds you why [your wandering mind](#) should return to your breath.

## Step 3: Focusing On Your Breath

- Begin by closing your eyes and focusing on your breath.
- Take a deep breath in through your nose, and exhale through your mouth.
- Notice the sensation of the breath as it enters and leaves your body.

## Step 4: Acknowledging Distractions

- Your mind will wander more often when you start practice.
- When this happens, simply acknowledge the distraction and gently guide your mind back to your breath.

A few ways to re-focus on your breath when your mind has wandered off:

- "I'm returning to the breath" – A simple reminder to come back to the inflow/outflow of your breath, and the sensation it creates as it enters and leaves your body.
- "I'm following the breath" – Imagine your breath as a river, and your mind as a boat. Allow the breath to guide you, following it as it flows in and out.
- "I'm anchoring" – Imagine a rope attached to your mind that is anchored to your breath. Imagine yourself using it to pull your mind back to your breath whenever it wanders.
- "I'm naming the distraction" – Give a mental label to the distraction, such as "thinking, thinking" or "planning, planning" and let it pass, then return to your breath.
- "I'm counting" – Count each inhale and exhale, starting at one and counting to ten. If your mind wanders, start counting again from one.
- "I'm focusing on the sensation" – Instead of focusing on the breath itself, focus on the sensation of the breath. This could be how does it feel in your nostrils as your breath enters and leaves, or how does your chest feel as air fills in and empties out from your lungs.

Be kind to yourself when you notice your mind has wandered. Acknowledge the distraction, and to gently ask it to return to your breath.

## Step 5: Body Scan

- After a few minutes of focusing on your breath, take a moment to scan your body.
- Start at the top of your head, and mentally scan down your body, noticing any areas of tension, pain, or discomfort.
- As you scan your body, take a deep breath in, and exhale, releasing any tension as you exhale.

## Step 6: Loving-Kindness Meditation

- After relaxing your body in the body scan, take a few minutes to practice loving-kindness meditation.
- Begin by silently repeating phrases of loving-kindness to yourself, such as "May I be happy, may I be healthy, may I be at peace."
- Then, expand your phrases to loved ones, acquaintances, and eventually to all beings.

Here is a short *metta* prayer for a loving-kindness meditation:

**"May I be filled with loving-kindness. May I be well. May I be peaceful and at ease. May I be happy."**

You can say this prayer silently or out loud. The idea is to focus on the meaning of the words as you repeat them.

While saying each line, imagine directing the words towards yourself, and then gradually expanding the circle of loving-kindness to include those closest to you, and eventually to other people.

You can also use this one:

**"May I be happy, may I be healthy, may I be at ease, may I be at peace."**

You can personalize your *metta* by adding phrases meaningful to you. Choose phrases that go with your values, so you stay focused on their meaning during the meditation.

## Step 7: Ending The Meditation

- When the time is up, take one deep breath in and exhale.
- Slowly open your eyes and take a moment to notice how you feel.
- Take this sense of calm and clarity with you as you go about the rest of your day.

## Final Words

Mindfulness meditation needs daily practice. It takes time to get used to. Give your practice patience. Do it every day, even if for just 1 minute in the beginning.

Gradually you will get to 15 minutes.

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