

Focus and Attention Meditation

Objective

To increase your ability to be focused and attentive by using the Focus and Attention Meditation technique.

What to Know

This 11-minute audio will help you practice managing your anger, frustration, and irritation.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time paying attention or focusing on the task at hand.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

Begin by finding a comfortable seated position in a quiet and comfortable place where you can sit or lie down without distractions. Close your eyes and take a deep breath in, allowing your chest and abdomen to expand fully. Allow yourself to fully settle into this space, taking a deep breath in and out.

Exhale slowly, releasing any tension or distractions from your body and mind. Take a few more deep breaths, inhaling peace and exhaling any restlessness or scattered thoughts.

As you begin to relax, allow your mind to quiet down and become still. Focus on your breath, breathing in deeply and exhaling fully. With each breath, imagine yourself releasing any tension or stress that you may be holding onto.

Now, bring your attention to the sensation of your breath as it enters and leaves your body. Notice the coolness of the air as you inhale and the warmth as you exhale. Feel the gentle rise and fall of your abdomen with each breath, grounding you in the present moment.

As you continue to breathe, bring your attention to your mind's eye. Picture a bright, radiant light in the center of your forehead, shining with a powerful and focused energy. Allow this light to grow stronger and brighter, filling your entire being with its intensity. Imagine a radiant light at the center of your being, at the core of your consciousness. This light represents your focus and attention. Visualize it growing brighter and more vibrant with each breath, illuminating your mind with clarity and alertness.

As you bask in this light, feel your mind becoming more and more clear and focused. Any distracting thoughts or worries gently fade away as your mind becomes fully present and engaged in the present moment.

As thoughts arise, acknowledge them without judgment and gently release them, allowing them to float away like clouds passing through the sky. Return your focus to the breath, anchoring yourself in the present moment.

Now, bring your attention to the sounds around you. Can you hear birds chirping outside or the sound of a clock ticking? Allow these sounds to come and go without getting caught up in them. Notice the subtle noises, whether near or distant, without getting caught up in any particular sound. Simply observe the symphony of the present moment, allowing it to flow through your awareness without attachment or distraction.

Shift your focus to the sensations in your body. Start with your feet and slowly scan upward, bringing your attention to each part of your body. Are you feeling any tension or discomfort? Simply acknowledge these sensations without judgment, and then allow them to dissipate. With each breath, imagine the tension melting away, replaced by a deep sense of relaxation and ease. Feel the energy and aliveness within your body, fully present in the here and now.

Now, imagine a calm and serene landscape in your mind's eye. It can be a tranquil forest, a peaceful beach, or any place that evokes a sense of stillness and focus for you. Explore this

landscape with your senses—notice the colors, textures, and scents. Allow yourself to become fully immersed in this serene environment, feeling a deep sense of centeredness and clarity.

As you bask in this inner sanctuary of focus and attention, repeat the following affirmations silently or aloud:

"I am fully present in this moment, embracing clarity and focus."

"I release distractions and allow my mind to stay centered on the task at hand."

"My attention is a valuable asset, and I nurture it with intention and care."

"I am capable of maintaining sustained focus and achieving my goals."

"I welcome the flow of inspiration and concentration into my life."

"I am focused, attentive, and productive."

"I am capable of achieving my goals."

These affirmations can help you build self-confidence and stay motivated.

Take a few more moments to cultivate this sense of focused awareness and connection with your inner self.

Feel the power of your focused mind and allow yourself to feel empowered and energized by this experience. When you're ready, take a deep breath and slowly begin to return your attention to your surroundings.

Visualize yourself accomplishing your goals and staying focused. Imagine yourself working productively and efficiently, achieving success in whatever you're working on. This visualization can help you stay motivated and focused, even after you finish your meditation.

Now, gradually bring your attention back to your breath. Feel the gentle rhythm of your inhales and exhales, bringing a sense of grounding and stability to your being. With each breath, bring your awareness back to the present moment, feeling refreshed, rejuvenated, and ready to embrace any challenges or tasks that lie ahead.

Take a moment to reflect on everything you're grateful for in your life. This can help shift your focus from negative thoughts or distractions to positive ones. By focusing on gratitude, you can cultivate a more positive and productive mindset.

When you're ready, slowly open your eyes, allowing the external world to come into focus. Take a moment to express gratitude for this time dedicated to enhancing your focus and attention. Carry this sense of centered awareness with you as you move through your day, knowing that you have the power to maintain focus and accomplish your goals with clarity and purpose.

Remember that you can return to this meditation whenever you need to re-center and refocus your mind. Allow this sense of focus and clarity to stay with you as you move forward with your

day. May your attention be sharp, your focus unwavering, and your presence fully engaged in every moment.

Trust that with practice, you will become more focused, attentive, and centered over time.