

MEDITATION

5-Minute Meditation Script

A short meditation for the middle of a working day. Five minutes, no lying down, no long silences — designed for someone with a meeting in ten.

5 min · 4 segments

Five minutes, four segments. Read it straight through — the notes in brackets are for you, not the listener.

BEFORE YOU RECORD

- Short pauses throughout — never more than fifteen seconds. Someone chose the five-minute session because they haven't got longer.
- The ten-breath count needs about six seconds per number. Any faster and they can't follow.
- Come back to a full, normal speaking voice for the last line. They're going straight back to work.

01. Straight in

45 sec

[warm and unhurried, a little slower than normal speech]

Five minutes. You can stay exactly where you are — at your desk is fine, on a train is fine. You don't need to sit in any particular way.

Put down whatever's in your hands, and let your eyes close, or just lower them to the desk. *[pause for 5 seconds]*

Take one long breath out, to draw a line under whatever you were just doing. *[pause for one slow out-breath]*

02. Three points of contact

1 min 15

[slower still, leaving room after each instruction]

Feel your feet on the floor. Both of them. The whole sole, or just the heel and the ball — whatever's actually there. *[pause for 10 seconds]*

Feel where you're sitting. The seat underneath you, taking your weight. *[pause for 10 seconds]*

And your hands. Wherever they've ended up. Let them be still. *[pause for 15 seconds]*

Shoulders down. Jaw loose. *[pause for 10 seconds]*

03. Ten breaths

2 min 30

[same pace, counting aloud on each out-breath]

Now ten breaths. That's the whole exercise. You don't have to breathe in any special way — just count them.

Count on the out-breath. One. *[count two through five aloud, one number per out-breath, roughly 6 seconds apart]*

Halfway. If you've lost count, start again at one. Losing count isn't a failure — it's just information about where your attention went. *[count six through ten aloud, same spacing]*

Ten. Let the counting stop. *[pause for 15 seconds]*

04. Back to it

30 sec

[bring your voice back up to a normal speaking pace]

That's five minutes. Nothing has been fixed, and that wasn't the point. You've just spent a few minutes not being pulled in four directions.

Open your eyes. Have a stretch if you want one. *[pause for 5 seconds]*

And when you pick the next thing up, see if you can do just that one thing for a while.

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