

Monkey Mind

Have you ever noticed that your mind is like a little monkey sometimes! Sometimes it likes to bounce about thinking, thinking about lots of different things. What does your monkey mind like to think about? Sometimes our monkey minds can get very busy, do you ever have a busy monkey mind?

Now we are going to give our monkey mind a job to do. The job is to notice the feeling of your breathing, just noticing your breath as you breathe in and out.

Are you ready to have a go?

Now, close your eyes and put your hand on your belly. Can you feel your belly moving as you breathe in and out. Just notice your belly moving, just notice your breathing in and out.

Are you still feeling your belly moving? If your monkey mind has jumped away, jump it back to its job, just feeling your belly moving as you breathe.

Well done!

Feel your belly get bigger as you breathe in and get smaller as you breathe out. Feel your hands move up and down with your breath.

Breathing in and breathing out

Check to see if your monkey mind is still doing its job, if it's jumped to a different thought, jump it back to feeling your belly moving.

And practice this on your own now for a little while until you hear the sound of the bells.

Pause for 30 seconds,

Ring bell to end the meditation.

