

Guided Meditation

Ring bell with soft “Waking-up” sound
(gently strike bell, then rest striker on bell until sound is gone)

5 - 6 seconds pause

Read the two Guiding sentences

2 - 3 second pause

Then read just the Key Words

Ring bell with full sound

Practice period: 5, 10, 15, + breaths

Repeat for each verse of guided meditation