

## **Transitioning from School to the Home**

This meditation was created to help you Transition from School to Home. You can complete this meditation while sitting in a chair, on a cushion, or while lying down.

Simply begin by breathing naturally with me as we experience the moment together and learn how the past and the future may be hindering are ability to show all that we are capable of and to meet our goals.

A school day can be full of pressured moments that blur together in a way that leaves us feeling frustrated, stressed, or fatigued.

If we are not paying attention to how we are feeling, we can easily allow these moments to carry through into the home, where we now wish to focus on completing projects and homework, studying, socializing with friends, or interacting with our families.

If we do not free ourselves from the chain of the days past events, we are likely to make choices based on the days stress and not on how we can best move forward in the current moment.

This may lead us to rush through our work in an unfocused manner, could leave us feeling overwhelmed with stress, or could lead us to avoid our responsibilities all together in an attempt to run away from our stress.

Unfortunately, none of these experiences actually relieve our stress and tension. If they do, that relief is only temporary and the stress will be even greater in the future.

- Pause -

For now, let us take a moment to be in the present.

- Pause -

If you have been worrying or ruminating about what you have not completed today, just notice that thought.

Does focusing on the past motivate you to move forward? Or does it create emotions that make it hard to focus?

Just accept that we sometimes do not complete what we had intended and that everyone procrastinates once and a while.

- Pause -

Simply notice these thoughts and accept them.

Let us take a moment to intentionally focus our attention back in to the moment, slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

Slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

As you continue to breath in slowly and exhaling to release any tension, recognize that you are neither behind nor are you ahead with your work, studying, or other plans.

You are simply here now. In this moment.

Again, slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

And again, recognize that the past is the past, that what happened in the past is unchangeable, and that we are here, now, in the moment.

You are not behind in your work, studies, or your plans. You are simply at this point of time. In the moment.

Again, slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

You are simply here now. In the moment.

- Pause -

Now, recognize that you are also not in the future.

We spend a lot of time trying to be in the future, envisioning what it will look like when all our work is finished, when we are prepared for tests, or what it will look like when our plans are completed.

Unfortunately, we are not particularly good time travelers. Trying to simultaneously consider all the steps necessary to meet our future goals will ultimately leave us feeling overwhelmed.

Success comes from recognizing that, in the current moment, we do not need to focus on all that is ahead of us.

Instead, we must focus on the current moment and what step we need to complete now.

Recognize that the future is simply a combination of moments.

That each moment is a step towards our goals.

That being in the moment, while focusing our full resources on that step, will naturally move us forward.

For now, let us again take a moment to be in the present.

Slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

You are simply here now. In the moment.

Again, slowly breathing in, deeply and gently. And as you exhale, release any tension that you may be feeling in your body.

You are simply here now. In the moment.

-Pause -

Being in the moment does not mean we work without direction.

Let your first moment, when you complete this meditation, be focused on making a plan.

Why not write down the steps you need to complete.

Make each step brief and focused; An act you can complete in the moment.

Once you have completed this plan, release yourself from it.

Simply ask yourself, what is the next step.

As we move through these moments or steps, being present and focused along the way, we are always moving forward.

We are being effortful, but our efforts are focused towards the current moment and the task at hand.

- Pause -

If you notice your efforts and thoughts moving into the past and ruminating on what you have not completed .. pause .. or towards the future worrying about what lies ahead .. just notice and accept these thoughts.

Do not judge yourself.

Just return to the moment.

Inhale in slowly and calmly; Exhale fully, releasing any tensions that the past or future have brought with them.

Simply experience the moment as we breath together and focus our attention and other mental resources towards that next moment we will be facing.

- Pause -

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Inhale in slowly and calmly; Exhale fully, releasing any tensions that the past or future have brought with them.

Simply experience the moment as we breath together and focus our attention and other mental resources towards that next moment we will be facing.

- Pause -

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Note the calmness in your body.

The physical and mental benefits of being in the moment.

Now, as you prepare for the next moment, simply ask yourself what would I like to do now?

Can I participate in an activity that will, when combined with other focused moments move me forward?

Ask, If I am tempted to avoid a particular activity is there a reason?

Is it because I am allowing the past or future to cause tension? Does this make me want to flee to other activities?

Rarely do we feel this way when we remain in the moment and focus on the task at hand.

So for a few final breaths:

Inhale in slowly and calmly; Exhale fully, releasing any tensions that the past or future have brought with them.

Simply experience the moment as we breath together and focus our attention and other mental resources towards that next moment we will be facing.

- Pause -

Now, draw your attention to the bell.

As the sound fades away, ask yourself, what choice do I want to make at this moment?

Who is in control?

The past?

The future?

or myself in the present moment.