

The
Busy Woman's
Just Sitting & Breathing Meditation
From The
MEDITATION FOR BUSY WOMEN
PROGRAM

By
P. Lynn Ahearn



sit. breathe. repeat.

Hello Sweet Soul,

I'm so glad you're here because this meditation is just for you! This is Lynn Ahearn of [Busy Woman's Meditation.com](https://www.busywomanmeditation.com). In my work as a coach I help busy women learn how to quickly and easily meditate so they can use it to make their lives better and begin to experience more joy, peace of mind and relief from stress.

The truth is many women today lead overly busy, full lives with very little time left for themselves. They're working, taking care of their families and doing the best they can and because of this, finding the time for meditation, or *for anything for themselves*, is a real challenge. Not surprisingly, the top reason most women give for not meditating is, "I'm too busy and I don't have time for it." I see this, and the other common challenges women have that block them from meditating; way too much to do, too tired, too busy, too stressed, not as reasons for *NOT meditating*, but as things that can be greatly helped *BY meditating*.

Learning how to meditate is one of the greatest gifts you can give to yourself

Meditating is one of the most effective ways for people to practice self-care as they make a strong connection with their mind, heart and body and even more importantly, with their Soul. It allows you to come into stillness and just be, as it offers you a moment of calm in what may otherwise be a hectic or busy day.

Meditation is more than purely a relaxation practice, but also something you can use to actually help you release stress, become more productive at work and even a tool to help you to attract more good things into your life.

Think you're too busy to meditate?

This **"Busy Woman's Just Sitting & Breathing Meditation,"** we're going to do now is a short, but powerful mini-meditation that can be done in about 3 minutes. The background music I suggest you use for this meditation is "[Awaken the Dawn](#)" (listen here: <http://www.busywomansmeditation.com/busy-womans-just-sitting--breathing-meditation.html>) or feel free to use any other relaxing [music](#) or even no music at all. Keep your eyes open and follow along as you read the meditation script. I recommend setting this as your intention before you start, "This is my time to meditate, this is my time for me."

As with all meditation, **do not practice this while driving.** So please stop what you're doing, remove all distractions and if you're in a safe place to do so, let's do the...

BUSY WOMAN'S JUST SITTING & BREATHING MEDITATION

I invite you now, to begin your practice

by finding a comfortable seated position.

Sit up nice and tall in your chair

with your back fully supported.

Have both feet uncrossed, barefoot if you like, and flat on the floor, to ground you to the earth.

Keep the rhythm of your breathing natural, in and out your nose.

Move your neck around a little, to loosen it up.

Shoulders down and pulled back, but still relaxed,

The chin is tucked in just slightly, to make the neck nice and long.

Gently close your eyes.

Keep breathing.

Your mouth is closed softly, keeping the lips and teeth just slightly parted
with a soft smile in the corners of your lips.

Swallow to relax your jaw.

Place your hands so they're resting on your thighs, facing up or down,
whichever feels most comfortable to you.

Soften and relax your front body, your stomach.

Relax your whole body.

Scan your body,

notice how you're feeling.

Notice where you feel relaxed,

where you feel a bit tense.

Just notice, no judging.

Make any last-minute adjustments, so that you're nice and comfortable.

Now take 3 big conscious breaths, in through your nose and out your mouth,
with a little longer exhale than the inhale.

Breathe slowly and deeply from your abdomen.

Beautiful!

Now come back to breathing in and out your nose,
slow, even breaths,
no pauses or gaps between the inhale and the exhale
or the next breath.

Continue breathing this way, slowly and deeply,
following your breath.

Just breathing,
nice and easy, in and out.

If your mind wanders, no worries, that's normal.

Let the thoughts come up and wander a bit.

Then just let the thought go and gently bring your focus back to your breath.

Let yourself rest on the breath

and let it take you to a quiet place.

Be silent and still.

Now take a final, deep cleansing breath.

Big inhale, long exhale.

Wiggle your fingers and toes

and when you're ready,

gently open your eyes. 😊

Your **Busy Woman's Just Sitting & Breathing Meditation** is complete.

Thank you for your practice today!

We close or end our meditation the same way each time, by taking a moment to appreciate what you have just done by saying, "Thank you" to yourself, for taking time out of your busy day, just for you!

Remember to take your time after meditating and don't rush off to get back to

your day. See if you feel any different. Remember to ground yourself by visualizing energy being released through your feet down into the ground.

The meditation we just did can be done anytime and will provide you with a quick and easy way to unplug and shift your energy. You can take this little meditation break throughout your day; just close your eyes and do this simple technique; sit... breathe... repeat... even if it's just for a few breaths, *whenever* you feel you need it.

Thank you for joining me in meditation - **now get ready to have an *amazing* day!!**

Warmly ♥ ,

A handwritten signature in black ink that reads "lynn". The signature is written in a cursive, lowercase style.

P. Lynn Ahearn

lynn@lynnahearn.com

www.BusyWomansMeditation.com

www.twitter.com/soulcoachlynn

[Have we connected on FaceBook yet?](#)

About the Author



P. Lynn Ahearn

Life Coach, Meditation Teacher, Author, Reiki Master, former Director of the Law of Attraction Training Center, Certified Career Intuitive Coach®, Higher Consciousness Coach and Law of Attraction Coach Trainer.

As a life coach working with women for the past 15 years, it's Lynn's intention to make meditation simple, practical and accessible *for all women*. It's her great honor to help busy women to easily incorporate meditation into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to have a better life.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life journey.

Discover More

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