Calming Exhale Breath

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

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Sit comfortably in a quiet place where you can be free from distractions.
Choose a posture that promotes a long, neutral spine. Even if you are lying down.
If you are seated, set your chin in a neutral position so the back of your neck stays long
Drop your shoulders from your ears, and soften your belly.

Close your eyes or gaze low at the ground ahead of you

Turn your attention and awareness inwards, towards your breath

Without trying to change anything, simply notice how you are breathing right now.
Is the breath moving through the nose or the mouth?
Describe the rhythm and depth of the breath
Notice if there's a difference between breath in and breath out
How does the breath feel as it moves through your body?
Where in the body do you notice the breath?

And as you focus inward, toward your breath, your body, notice also your mind.
How might the breath, as it is right now, relate to the mind, as it is right now?

Notice without judgement. Just notice.

(pause 3-5 breaths)

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And now, if you haven't already, close your lips,
and begin to breathe in and out through your nose
Without making any drastic changes, staying comfortable,
Without forcing, or pushing, or straining,
With as much ease as possible,
Use a short count to even out the breath

Inhale for 1...2...3....
Exhale for 1...2....3....

Match the exhale breath to the length of the inhale breath
Equal breathing
In and out through your nose

Breathe as naturally as possible, but equally
No need to push the length of breath in
Just match your easy breath out with the length of breath in

Let the quality of your breath reflect all the qualities you'd like to see in your mind
Patient. Easy. Spacious. Calm.

Inhale 1..2..3..
Exhale 1...2...3...

Find balance between breath in and out
Balanced also in your mind

(pause for 3-5 breaths)

Focused on equal breathing, and also, aware of the mind.
How does the breath, as it is right now, relate to the mind, as it is right now?

(pause for 3 breaths)

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And now without making any big changes, staying comfortable,
Without forcing, or pushing, or straining,
With as much ease as possible,
Extend the exhale breath to four

Inhale 1..2..3..
Exhale 1..2..3..4..

Spend a little more time on breath out, than you do on breath in

Breath in still long, breath in still easy, breath in still patient and calm
Breath out....a little longer

With each longer breath out, release any unnecessary energy in the mind

Inhale 1..2..3..
Exhale 1..2..3..4..

Inhale to 3...
Exhale to 4

(pause for 3 breaths)

Aware of the breath, and aware too, of the mind
And how does the quality of breath reflect the mind right now?

(pause for 3 breaths)

And now still breathing comfortably,
Without forcing, or pushing, or straining,
With as much ease as possible,
Extend the exhale breath to five

Inhale 1..2..3..
Exhale 1..2..3..4..5..

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Same easy breath in
Longer breath out

With each longer breath out, letting go of excess energy in the mind

Inhale to 3....
Exhale to 5

(pause 3-5 breaths)

Inhale to 3...
Exhale to 5

And as you watch the breath, notice the mind
Notice, how the quality of the mind, is reflected in the breath
Notice how the breath reflects the quality of mind

Breath, and mind. Neither one comes first.

Change either one, and you change the other.

Inhale to 3...
Exhale to 5

Let go of excess energy in the mind, with each long breath out

Inhale to 3....
Exhale to 5