

Contentment

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



Meditation Script - Contentment

Take a comfortable seat in a quiet place where you can be free from distractions
 Sit up tall, keep your chin level, and release your shoulders
 Soften your belly, and soften your thighs
 Let your hips rest heavily on your seat
 Close your eyes, or gaze softly at the ground ahead of you

With your mouth closed, but your jaw relaxed,
 Breathe in and out through your nose

Find a breath that is patient, gentle, and steady
 Let each breath out be just as long as each breath in

As you focus in on the breath, turn the corners of your mouth upwards into a slight smile
 And generate a deep sense of contentment for the breath
 Breathe in and out with a loving awareness
 Grateful for each life-giving inhale, and each precious exhale

Let this sense of gratitude permeate your whole body
 You could perhaps visualize it as a warm feeling, or a light
 Still aware of the breath, but with a full body gratitude for breath

Contentment

Guided Meditation Script

Meditation Script - Contentment

Grateful for breath as it moves in and out through your nose

Grateful for breath as you feel your chest expanding, and your belly releasing

Grateful for breath as you sense the whole body riding the wave of each breath

(pause for 3 breaths)

Let this whole body gratitude help hold your focus, your attention on the breath

Cherishing each patient breath in

Present with each miraculous breath out

Watch the breath as it's the most beautiful thing you've ever seen

(pause for 3 breaths)

And if the mind becomes distracted, which it will

Anytime you notice you've wandered from your focus on breath,

Say silently to yourself, "I am content with the breath"

And return your focus to your breathing

Spend no time judging your distracted mind

Spend no time lingering or asking why or where you went

Just come straight back to this feeling of gratitude

Back to an understanding that the only thing you need right now, is to pay attention to the breath

"I am content with the breath"

There's nowhere else you need to be

Nothing else you need to do

All is perfect in this one moment,

As you return to breath awareness.

(pause 3 breaths)

"I am content with the breath"

Use this phrase as your mantra as many times as you need to

Anytime you need a reminder, that all you need right here, right now,

Is to be present with your breath.

Contentment

Guided Meditation Script

Meditation Script - Contentment

Soak in a feeling of deep acceptance
The mind ok, just as it is
The body ok, just as it is
The breath ok, just as it is
“I am content with the breath”

(pause 3 breaths)

Maintain the slight smile
The release of the shoulders
Soften further, and surrender into this one moment.
Everything as it should be
Exactly where you need to be, today, at this time, in this place
Where you need to be along the path
“I am content with the breath”

(pause 3 breaths)

Each time the mind gets pulled away
Find again in the body, a sense of peace
A sense of stillness
A sense that there's nowhere else the mind needs to be
Accept right here, right now, watching breath
Use your mantra, “I am content with the breath”

(pause 3 breaths)

As you become more familiar with a deep sense of contentment
Recognize that contentment as your true nature
Understand that this gratitude, and this acceptance,
Is who you truly are
“I am content with the breath”

Accept that you can connect to deep satisfaction,
Happiness,
Contentment,
peace and bliss

Contentment

Guided Meditation Script

Meditation Script - Contentment

All the time, in any place, no matter what

Accept that any time you need to,
You can connect with your true nature
Just by connecting to your breath
This miraculous single breath in,
This marvelous one breath out

Repeating your mantra whenever you need to
"I am content with the breath"

