Easing the Mind
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

Resting the Mind

Although you cannot always control the mind, you can encourage it to be more at ease.

Learning to do this will help you respond rather than react to your thoughts and emotions.

This practice gives you the opportunity to train the mind to slow down when it becomes overactive, and helps you practice ease and relaxation instead of perpetuating those difficult mental states.

You can sit upright or lie down for this practice.

If you are experiencing anxiety or stress in this moment, lying down may encourage relaxation.

Take a few deep breaths.

Inhaling, fill the lungs completely.

Hold the breath for just a second or two, and exhale slowly.

As you let the breath go, try to empty the lungs slowly and completely.

Recognizing that you cannot control every thought that arises, connect with your intention to relax the mind.

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Resting the Mind

If thoughts are present, just leave them be.

Offer yourself two simple phrases of kindness toward the mind:

May my mind be at ease.

May I be at ease with my mind.

Synchronize these phrases with your exhale, offering one phrase every time you breathe out.

Hear each word and try to connect with your own intention to care for the mind.

When the thinking mind starts up, come back to the breath and the phrases.

Even if you can say only one phrase before the mind wanders, you are still moving toward relaxation by continuing to practice.

Completing this exercise, allow the eyes to open, and return to the activity of daily life.

Watch the mind during your day, noticing when it becomes uncomfortable or agitated.