Feeling Tones: Pleasant, Unpleasant, Neutral

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

Tuning in to Feeling Tones

Whenever an experience comes into your awareness, you can look at it more deeply by acknowledging its feeling tone.

Feeling tones are not emotions.

A feeling tone describes what you're experiencing as pleasant, unpleasant, or neutral.

A feeling tone can be attached to anything you perceive through the senses, including a thought.

By noticing the feeling tone, you continue to deepen your insight into the nature of your experience.

Settle into a comfortable sitting posture.

As you allow the eyes to close, focus on the sensations of the body breathing.

Concentrate on the breath for the first few minutes, dropping into a state of grounded mindfulness.

Include the whole body in your awareness.

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Tuning in to Feeling Tones

Spend a few minutes just noticing what arises in the body.

Don't judge anything as good or bad; just pay attention to the actual experience of feeling in the body.

Once you are present with the bodily sensations, expand your awareness to include feeling tones.

Acknowledge the feeling in the body, and consider whether the experience is pleasant, unpleasant, or neutral.

If you like, you can do a body scan and notice the feeling tone for each place in the body.

After five minutes, include the sense of hearing in your practice.

As sound arrives in your awareness, note that you are hearing, and observe the feeling tone.

Continue with awareness of the body and sound for five minutes.

Finally, include the thoughts.

You don't need to dive into exactly what you're thinking—

recognize when a thought is present and if there is a feeling tone attached.

Then open back up and wait for the next experience to arise.

Resting in open mindfulness can leave space for mental wandering.

Remember that you can always return to the breath as your anchor during this practice.

Don't hesitate to return to it for a minute or two in order to collect the mind.

Take a few deep breaths and open the eyes.

Moving through your day, see if you can notice feeling tones attached to what you see, hear, and feel.