Focusing on the Colors You See
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

Color Your World

The world is full of different colors, and you can practice mindfulness by paying attention to which ones you are seeing in the present moment.

Seeing is a different experience from tuning in to the breath or body, but it offers the same opportunity to be deeply present.

We rely heavily on our sense of sight, making it a powerful tool for the cultivation of mindfulness.

You can do this practice anywhere.

You may be sitting at your desk, taking a ride on the bus, or walking down the street.

Wherever you decide to do this practice, set aside 10 minutes to dedicate yourself to it.

Arrive in the present moment.

Take a few mindful breaths, feel the body where it is, and allow your energy to settle.

Pick one color to focus on.

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Color Your World

You may try starting with red one day, and work your way through the traditional rainbow spectrum on each subsequent day.

Find one thing you can see that is the color you have picked.

Look at it with beginner's mind, as if you have never seen this thing before.

Note what it is and its size and shape.

After a few moments, look for something else that is this color.

Observe this object in the same way.

Continuing with this practice, notice when your mind wanders off.

You can always return to the sensation of breathing, using the breath as the anchor for your awareness.

You may find it helpful to mentally note exactly what you are seeing.

For example, a red stop sign doesn't get labeled "red stop sign"; it becomes "red, octagon, writing, metal."

When 10 minutes have passed, allow the eyes to close for a moment.

Take a few deep breaths, let go of the practice, and return to your daily life.