Gratitude for Breath, Body and 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

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Take a full breath in through the nose and sit up a little taller....
As you exhale through the nose, release the shoulders.
Take a few moments, with attention to breath, settling in to a neutral, upright posture.
Allow your belly to soften, shift your shoulders back ever so slightly,
and lower the chin so the back of the neck is neutral and long.

And with awareness of breath, and posture, begin to intentionally generate a deep sensation of gratitude for the breath itself.
As you watch, notice the breath moving in and out through the nose,
remember how precious this one breath is.
And this next one too.
Invite in the spaciousness of awe and wonder as you sit with the next three to five cycles of breath.

And then draw attention to your heart.
Feel the heartbeat beat.
Perhaps in the quiet you can hear.
Still aware of breath, but noticing, listening to the heart.
Inviting in awareness of the miracle of the heartbeat,
as we sit with this noticing for three to five cycles of breath.

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And still aware of the breath, and the heartbeat, draw awareness to the form of your human body.
Here. Functioning. Breath breathing. Heart beating.
Noticing whatever it is that arises, when we notice the unique fortune of our human birth.

Here in this human body, you have everything you need to awaken.
You have everything you need to find happiness, contentment, and joy within.
There is infinite capacity within you.
Infinite capacity for awareness, and gratitude.

Breath breathing. Heart beating.
A mind that can notice, understand, feel and discern.
A mind whose capacity for awareness, understanding, and growth is infinite.
A mind whose capacity for noticing its true nature is right here, right now, in your hands.

Smile on the breath.

Smile on the heartbeat.
Invite in love for this body.
And kindness towards this mind.

Rest here remembering you have everything you need.
Resting in gratitude for it all.

And as the mind, with its infinite capacity tries to draw you away,
Keep coming back to the wonder of this one breath in, this one breath out.
The magic of the heartbeat.
The beauty in being here.