Mindful Bathing

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

Mindful Bathing

Showering and bathing are common times to check out.

You let your mind wander, go completely into autopilot, or just shut down mentally.

Instead, you can use this time to work on your mindfulness practice.

Make your shower time a cleansing ritual for the body and the mind, using the prompts in this exercise.

You can practice with any or all of your senses in the shower, but for this practice, you will focus primarily on the physical body.

Begin your practice before turning on the water.

Stand for a moment and bring your awareness to the rising and falling of the breath in the chest.

Feel the lungs expand and contract with each inhalation and exhalation.

As you turn on the water, feel your hands on the knob, watch the water begin to flow, and hear the noise of the shower.

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Notice if heat or steam fills the room.

Once you step into the shower, acknowledge what you are feeling.

You may notice the temperature change, the sensation of water on the skin, and any response of the body to the water.

Go through your usual routine, feeling the movement, texture, and points of contact in the body.

Rest your attention on the hands and skin as you wash and rinse your body.

Moving more slowly than you normally do will help the mind stay present.

Wrapping up the showering process, don't let your awareness go.

Stay present as you shut the water off and get out.

Feel the towel on your skin as you dry yourself.

Moving on with your day, try to retain this awareness of the body.