Mindfulness When You Drive

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

Driving with Mindfulness

Driving can be a time of stress, autopilot, or downright rage.

It's a prime opportunity to cultivate mindfulness, partly because it's a natural transition between one part of your day and another.

If you're the one driving, remember that safety is the number one priority!

You may try this practice in a parking lot first, in a quiet neighborhood, or in a place where you feel totally comfortable behind the wheel.

Mindful driving can also help you be less distracted while driving, making you a better driver.

Start this practice before you actually begin driving.

Sitting in your car, feel the points of contact.

Tune in to the feet on the pedals, the sensation of sitting in the seat, and the hands on the wheel.

As you turn your car on, feel and hear the sensation of the car starting.

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As you begin moving, pay attention to the experience of driving.

You don't need to do anything special.

Just watch your experience with present-time awareness.

Notice other cars, the noises of driving, and anything else that arises.

Try using a simple noting practice.

When you hear your blinker, note "Blinker" in your head.

When you turn, note "Turning." Notice any movement, sounds, sights, or feelings in the body as you drive.

If and when you see another driver, try offering a phrase of lovingkindness.

Say to the person, "May you drive with ease."