One Complete Cycle of Breath

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

One Complete Cycle of Breath

Let's begin by taking a moment to allow your body to settle.
Find a comfortable position that allows your spine to be long
but with a natural curve in the low back.
You can close your eyes or keep them open
with a soft gaze downward
with your feet in front of you,
let the belly and the shoulders relax.
Today I will guide you through a one complete cycle of breath practice.
Before we start, take a full breath in (2 seconds)
and a long breath out (2 seconds).
Now allow the breath to find its natural rhythm.
In and out (5 seconds).
I will share the instructions and when the time is right,
you can apply them to bring your full attention to one complete cycle of breath.
First, notice when the inhale begins,
how it continues,
and when it ends (2 seconds).
Then, notice when the exhale begins,
how it continues,
when it ends,
and whether their is a brief pause before the inhale begins again (5 seconds).

One Complete Cycle of Breath

Guided Meditation Script

One Complete Cycle of Breath

On the next inhale and exhale,
use your full attention like this,
the follow of one complete cycle of breath completing this practice. (3 seconds)

Integrated Practice:

Complete a 'One Complete Cycle of Breath' practice before a meeting or spending time with someone today.

Reflection Questions:

How does it feel to put your full attention on one breath?

How does this practice impact your state of mind?