Perfect 10 Breaths

Guided Meditation Script

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐ Heart ☐ Mind ☐ Body ☐ Breath ☐ Environment

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

Take a seat in a quiet, comfortable place where you can be free from distractions.

Sit up tall with a neutral spine.
Slowly shift front to back and side to side until you feel that the crown of your head sits directly over your tailbone.
Let your chin drop towards neutral.

Release your shoulders by resting your arms naturally in your lap with your palms face up or down.

Close your eyes, and breathe quietly and slowly in and out through your nose.
Take a moment to settle your attention on the breath

Notice the movement of breath through your nostrils
Follow that movement into the body
Feel the rise and fall of your chest

The expansion and softening in your belly
Perhaps feeling the breath in the back of your body
The sides of your rib cage, or anywhere else

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Notice where it is that you feel the breath the most clearly
And then anchor the mind in that spot.

Hold this deep curiosity on the breath, as we work towards the perfect ten.
Prepare with a slow breath in,
And then count your exhale as breath number one
Exhale number two
Inhale number two
Exhale number three
Inhale number three
And so on....
All the way up to ten.

(pause for 5-7 more cycles of breath)

Anytime you notice that you've lost count,
Simply drop what you've been doing and begin again
Sigh out if you need to, with exhale breath number one
Back to inhale number one
And so on...

(pause for 3-5 breaths)

Return again to exhale number one as many times as you need to
Repeating exhale one, and inhale one
Is just as successful as making your way to ten

The goal is not out there, ahead of you, on the tenth breath
The goal is to remain present with just...this...one...
Exhale breath number one
Inhale breath number one

(pause for 3-5 breaths)

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Let the felt sense of breath in your body
A deep curiosity
And your interest in the breath, its process, its movement
Let all those things hold your attention on the breath

Distractions will arise, but there's no need to chase them
Once you notice you've lost your count, no need to stay or judge, or question why
Just a smooth, instantaneous flow back to the breath

Exhale number one,
Inhale number one

(pause 3-5 breaths)

Remembering that perfection is not a future condition, or a future state of mind
Perfection can only exist right here and right now
Perfection arises in the present moment

Perfection is noticing the pull of distraction,
But giving no chase

Perfection is deciding to remain, to stay.
It's in that moment, when we act not out of habit, but with intention.

At first, it takes effort
With practice, the action becomes instantaneous

Each flash of distraction gets ignored
We let it go
We stay

This breath out, this breath in
Exhale number one,
Inhale number one