Simply Stopping
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

Simply Stopping

Let's begin by taking a moment to allow your body to settle into a comfortable position (2 seconds).

You may close your eyes or keep them slightly open allowing the spine to lift (2 seconds),

the shoulders to soften (5 seconds).

Today we will practice simply stopping (2 seconds)

Begin by taking a full breath in (2 seconds)

and a long breath out (5 seconds).

Notice what it's like to just stop (2 seconds).

To simply be still and present in this moment (10 seconds).

You may notice thoughts, bodily sensations, sounds. Just noticing what it is like to be alive in just this moment (15 seconds).

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Simply stopping (10 seconds).

Each time you find the mind somewhere else, play with inviting a sense of stopping (20 seconds).

Let's continue practicing like this, for a little while (60 seconds).

And as we near the end, finishing with a deep breath in (2 seconds)

and a long breath out (5 seconds) *ding* (15 seconds).

Integrated Practice

Try a 'Minute to Arrive' practice.

When you start a new activity today, maybe a work meeting, maybe a meal, practice stopping and practicing one minute of silence to give yourself time to stop and become more present to this next activity.

Reflection Question

What impact did stopping and practicing a minute of silence have on your next activity?