Stilling the Mind

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

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As you go about your day, you may notice that your practice gets further and further away from your awareness.

The mind goes on autopilot for hours on end.

This can sometimes result in feelings of anxiety or rapid thinking.

You can always use this practice of stilling the mind to help settle yourself back into calm awareness.

When you're focused and relaxed, you are more productive and able to better attend to your experience.

Stop what you are doing to set aside 10 minutes to practice.

Notice how this feels in the mind.

If thoughts about chores, tasks, or the future arise, just notice that they are present.

Utilize the breath to help relax the body.

As you inhale, invite in relaxation.

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With the exhale, allow the muscles in the body to relax.

Recognize that although the mind may not always do what you want it to, it is the mind that allows you to experience joy, pleasure, and gratitude.

Begin offering the mind a few phrases of loving-kindness with the intention of building a gentler relationship with its thoughts.

You can use the phrases “May my mind be at ease” and “May I be at ease with my mind.”

Continue repeating these phrases, directing them toward the mind.

Use the phrases in your head as the object of your awareness.

Try to hear the words in your head and connect with the meaning of the phrase.

When you notice the mind is agitated, anxious, or overactive, use a one-word note.

Note “Thinking,” “Anxious,” or whatever is present for you.

Then, return to your phrases.

Continue with the repetition of phrases until time is up.

Remember to be gentle, not forcing or straining to concentrate.

If the mind wanders off, just notice it is doing so and gently bring it back.