

# Three Mindful Breaths

## 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



### Three Mindful Breaths

Let's begin by taking a moment to settle your body into a comfortable position.

You can close your eyes or keep them slightly open with a soft focus looking downward a few feet in front of you.

Allow your spine to lift and your shoulders to soften (2 seconds).

Today we will practice three mindful breaths. Begin by taking a slow gentle inhale, resting your attention on the sensation of the air passing over your nostrils and filling your chest and abdomen.

Notice as the inhale ends and shifts back through a slow gentle exhale (3 seconds).

Notice the sensations in the body as the air passes back out.

Rest for a moment and begin again. Long, slow inhale directing your attention to the sensation of air as you breathe in and long slow exhale noticing sensations.

Once again resting at the end of the exhale and continuing through one more breathe, in and (2 seconds) out. (3 seconds)

\*ding\* (10 seconds).

# Practice of Smiling

## Guided Meditation Script

---

### Integrated Practice:

Before eating your next meal today, complete another 'Three Mindful Breaths' practice.

### Reflection Question:

What impact do you notice when you stop and take three mindful breaths?

