Using the Power of Your 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

The Power of the Mind

The mind is a powerful tool. In mindfulness practice, you learn to train and work with this tool in an intentional, focused way.

This practice lets you play with the power of your mind, showing you how to gently coax it in different ways.

You'll also witness the mind's auditory and visual thinking patterns.

Bring some playfulness and curiosity to this practice, and try not to take yourself too seriously.

For this practice, you will need to close the eyes.

Take a moment to notice how the body is resting.

Keep the spine as straight as possible and allow the muscles to relax.

With eyes closed, try to bring to mind the room or space in which you are sitting.

Can you picture where in the room your body is resting?

Try to visualize the room in your mind.

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Picture the floor, the walls, and any doors.

See what else you can bring up to piece together the space in your mind.

Letting go of the room, picture yourself somewhere peaceful.

It may be a beach, a forest, or wherever your “happy place” is.

In the same way, picture the space around you.

Try to bring up as many details as possible.

Letting go of the visualization, bring to mind a song or tune you know well.

Try to hear the words or melody in your head.

Now use the mind to change the experience of hearing the song.

Try to turn the volume down, making the song quiet in your head.

Turn the volume up a bit.

Investigate what it is like to slow the song down or speed it up.

Pause for a moment at the end of this practice to recognize the power of your own mind.

With a small amount of effort, you can conjure up visualizations, play music, and alter the experience in any way you choose!