Whole Body Breathing

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

Whole Body Breathing

Let's begin by taking a moment to allow your body to settle into a comfortable position. You may close your eyes or keep them slightly open allowing the spine to lift (2 seconds), the shoulders to soften (2 seconds).

Today we will practice whole body breathing.
Adjust yourself so you're sitting in a way that feels upright and balanced.
Both alert and relaxed (2 seconds).
Begin by taking a full breath in (2 seconds)
and a long breath out (5 seconds).
Noticing the breath, allowing it to move your body as you inhale (2 seconds)
and as you exhale (2 seconds).
Recognizing there is no need to do anything in particular,
no need to control the breath, we're just allowing.
And as you breathe in, imagine that your whole body is breathing in.
And as you breathe out, imagine that the whole body is breathing out.
The whole body filling with breath as you breathe in.
The whole body releasing as you breathe out (5 seconds).
Let's continue breathing like this for a few breaths (10 seconds).
If you find yourself feeling scattered or distracted,
coming back to the feeling of full body breathing.

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Noticing perhaps how the breath naturally causes expansion outward with each inhale (2 seconds)
and settles in with each exhale (20 seconds).
With your next exhale, allow your body to be still for just a moment,
noticing the sensations that are alive in your body.
And as you begin to inhale one more time, allow your eyes to open slowly (5 seconds).
Now before getting up, take a moment to gently move your body.
Perhaps wiggling your fingers and toes.
Rolling the shoulders and the neck around.
Flexing your feet. How does your body feel? (5 seconds)
And see if you can carry some of this awareness with you as you move throughout your day (5 seconds)
ding (15 seconds).

Integrated Practice

During a transition time today (e.g. between meetings at work, just before entering your house, just before going to bed), pause and take a whole body breath.

Reflection Question

How does stopping to take a whole body breath affect your mood or attitude?