Sleep Meditation - Resting the Body

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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So, welcome to this series of guided meditations.
I recommend doing these meditations in your bed while lying down and allowing yourself to fall asleep to the meditation.
So, just a reminder to always put your phone on airplane mode or on “do not disturb” before beginning.

To start out, you can take some time to find a nice comfortable position, a nice laying down posture in your bed.
Perhaps laying on your back or laying on your side.
Whatever posture or position feels most comfortable for you.
And perhaps closing your eye.
And you can also keep your eyes open and just have a soft gaze towards the ceiling.

And we can start out this practice just by taking a few deep breaths.
So, breathing in deeply and breathing out slowly.

Doing that one more time.
Taking a deep breath in and a deep breath out.
And just allowing your whole body to soften and relax.
Letting all the tension release from the body.

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And if you're laying on your back, you might try placing one hand on your belly, your abdomen, and your other hand on your chest.
Starting to feel just the gentle rising and falling of the belly and the chest with each in breath with each out breath.

As you breath in, seeing if you can feel the way the belly and chest rise and inflate and expand.

And as you breath out, see if you can notice how the belly and the chest fall and deflate.

Just tuning in with this quality of mindful awareness.
Just noticing what you're experiencing in the body.

Feeling the movement of the belly and the chest.

And for this guided practice today, we can focus on just settling and relaxing.
Letting go of any tension or tightness from the body.

You might bring your awareness to your face, all the muscles in your face.
Starting with the forehead, just noticing if there's any tension or tightness in the forehead.

Is it possible to soften, relax and release?

Checking in with the muscles around the eyes and the eye sockets.
What would it be like to relax?
To soften the eyes?

And bringing that attentive awareness down to the cheeks.
Softening the cheeks.
Relaxing the tongue.
And unclenching the jaw.

It can be helpful to keep your mouth closed and continue breathing in and out through the nose.
Feeling the air come in and go out through the nostrils.

And continuing down the body, relaxing as you go, releasing tension.

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So, moving down the neck and into the shoulders.
Letting go of tension in the shoulders, letting the shoulders drop, sinking down into the mattress beneath you.

Feeling the chest open.

Becoming aware of the arms and the hands.
Letting the whole body settle into the mattress.

Becoming aware of that sense of gravity gently pulling you down from below.
Feeling your body sinking into the mattress and also into a state of restfulness.

With every out breath, feeling the body letting go just a little bit further.
Releasing all the troubles and worries from the day.

And if you notice your mind starting to wander, you can just let it wander or you can guide your attention back to your abdomen.
Once again, feeling that rise and fall of the belly or the chest.

Breathing in and feeling the in breath.
And breathing out and feeling the out breath.

Giving yourself full permission to just rest and relax.
There's nothing you need to do and nowhere you need to go.