Sleep Meditation - Soundscape

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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Welcome back to another guided sleep meditation.
So, taking some time to find your comfortable position.
Allowing yourself to settle into your bed.
And as you get settled, allowing yourself to let go of any worries, let go of any tasks or to do lists.
Arriving fully into your bed and your bedroom.

And letting your mind drop into this space of restfulness.
Again, reminding yourself that there's nothing you need to do and nowhere you need to go.

And today we'll be practicing with sound.
Mindful listening and opening up to the soundscape around us.

To start just with relaxing the body.
So, we'll take a few deep breaths and see if you can let go of any tension or tightness on the out breath.

So, breathing in deeply and breathing out slowly.
One more time.
Deep breath in, and a deep breath out.

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And perhaps checking in with your body.
Softening any muscles.
Easing tension.
The cheeks and the jaw.
Letting your whole face be soft.

Letting the neck and shoulders relax and letting gravity pull gently at the arms and hands.
Allowing your whole body to relax completely against your bed.

And just for a moment or two, feeling your breath.
Feeling the in breath and the out breath.

And seeing what it might be like to expand the scope of your mindfulness out into the rest of the body.
Feeling the whole body.

Having this slightly more open awareness.
And then expanding your area of awareness even further beyond the body.
Becoming aware of the space around your body.
The air and the temperature.

And then expanding your area of awareness out into the world of sounds.
And just noticing, what sounds are you aware of in your environment?

What sounds can you hear that are far away?

And what sounds can you hear that are close by?

And if there are no sounds, then becoming curious of what is the sound of silence?

And as with the other forms of meditation, when you get distracted, when you get lost in thought, just guiding your attention back to the world of sounds.

Asking yourself, what sound am I hearing right now?
And noticing how sounds change from moment to moment.

Instead of getting hung up on what's making the sound, see if you can just feel the texture of sounds as it hits your eardrums.

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As if the sounds in your environment are different colors and you were listening to a painting being made.

See if you can stay curious about even the sound of silence.

And letting yourself slowly drift off into sleep.