Sleep Meditation - Thoughts Like Clouds

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 back to another guided sleep meditation.
So, allowing yourself to find a comfortable posture in your bed.
Taking a few moments to get settled in your body and in your mind.
Allowing your body to fully relax.

We can start by extending and lengthening the breath.
So, taking a deep breath in and a slow deep breath out.
One more time.
Deep breath in and a long breath out.

And from there just letting your breath return to its natural rhythm.
There's no need to control the breath.

So, letting the body breath itself. Letting go of control.

And firing up the quality of mindfulness and awareness.
And focusing it on the breath.

Just becoming aware of your body and all the movements in the body, the physical sensations associated with breathing.

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And for today's practice we'll be focused on noticing thoughts, becoming aware of thoughts.
And so, there's a useful metaphor that we can use.
That thoughts are just like clouds floating in the sky.

There's no need to push them away or fight them.
And just to notice them as they pass through.
Just like clouds in the sky.

So, we can start by following the breath.
Feeling the in breath and the out breath.
Watching the movement of the breath.

Rising and falling.
In and out.
And at some point, you'll notice that you've gotten lost in thought.
And when this happens, without any judgement, just notice that thinking is happening.
No need to push away the thoughts but just let them be.

As if you were suddenly aware of being immersed in a cloud in the sky.

Letting the cloud drift away and reorienting your attention back to the breath.

As you follow the breath, it can be helpful to use just a soft label.
So, as you breath in, you can quietly in your mind say, "breathing in".
And as you breath out, quietly in your mind say, "breathing out".

Breathing in, breathing out.

Breathing in, breathing out.

And again, noticing when your mind wanders off.
And without any self-judgment, just notice, ah, thinking.

Reorienting your attention and coming back to the body, coming back to the breath.

In this mindfulness practice it's sort of like this dance.
Noticing what's arising, noticing your thoughts and noticing the breath.

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But allow yourself to be relaxed and at ease with all this noticing.

Allowing yourself to settle into sleep.

When you notice thoughts coming, just let them come.
Inviting them in.
Letting them stay as long as they want to stay.
And then letting them float and drift away.

Nothing to hold on to, nothing to push away.

Just like clouds in the sky.