

Being Still

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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Find a quiet place in which to take a comfortable seat

Sit up tall and close your eyes

Breathe patiently and fully, yet gently and quietly

In and out through your nose

Give yourself permission to do nothing

Give yourself permission to embrace this moment of stillness

In which there's nothing at all that needs to be done

Other than staying here, relatively still, watching the breath

As you watch breath with an easy, relaxed, spacious mind

Place some small amount of attention on what else the mind or the body is feeling

Notice your own discomfort in simply being present, doing nothing

Notice if the mind would rather run off towards the future, a to-do list, or planning

Notice if the mind would rather busy itself with reviewing the past, or thinking

And each time you notice, acknowledge the pull of movement, of distraction

And then with the loving patience of a compassionate elder

Give your mind permission to rest

Help the mind settle, be at peace, be still

By guiding towards awareness of body and breath

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Without thinking of breath
Present with breath

Without thinking of body
Present with body

Feel into breath and body
As you let the mind rest back
Allow for the mind to feel spacious
Open and at ease

Allow the mind to drop into the joy,
The bliss of no longer needing to do
The bliss of simply being

The not doing includes
No longer fighting against the movement of the mind
Or the rising thoughts

Allow this too, to simply be
Chase nothing
Distraction will arise
But there's nothing to do

Notice, acknowledge, and love

And you'll find yourself again
In the spaciousness of presence with the body
And with the breath

Feel into the preciousness of this moment
This relative quiet
Relative stillness

Recognize it's beauty with your whole body
The freedom in resting back
The spaciousness in stillness

Give yourself permission to stay right here
For as long as you'd like

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There's nowhere to go
Nothing to do
Nothing more sacred or more worthy than this

Just watching, noticing
Being present
With your body and your breath

Give yourself permission to be still

