Sleep Meditation - Counting 1 to 10

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.
In today's practice we'll be using the technique of counting and counting our breaths.
But before we do that, we can take some time to get settled.

So, finding a nice comfortable posture.
Perhaps laying on your back.
Eyes at the ceiling or eyes closed.
You can place your hands at your sides or on your belly.
Just finding a nice comfortable position.

And starting with a few deep breaths.
Breathing in deeply and breathing out slowly.
One more time.
A deep breath in and a deep breath out.

Maybe one more just at your own pace.
Inhaling and filling the lungs and exhaling and letting it all out.
Allowing yourself to fully relax.

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And taking a moment just to allow your body to settle into the cushion or the mattress.
As if you were a stone dropped into a pond.
Slowly floating to the bottom.
Finding that final resting place.

Coming to a place of stillness in the body.
And coming to a place of stillness in the mind.
And becoming aware of the breath.
Perhaps tuning into your anchor point.
Wherever you feel the breath most clearly.

Noticing the rise and fall of the belly.
Or the expansion and contraction of the chest.
Or the feeling at the entrance of the nostrils.

And for this counting technique, what we'll be doing is counting our breaths up to 10.
And then when you get up to 10 you can start again at 1.
And if you lose track of the breath at any point, if you get lost in thought or distracted, just start again at 1.

So, what that will look like is this:

Breathing in, breathing out, 1.

Breathing in, breathing out, 2.

Breathing in, breathing out, 3.

Breathing in, breathing out, 4.

Breathing in, breathing out, 5.

And you can continue at your own pace, following your own breath and your own timing.

If you get lost in thought or find yourself losing count, just a reminder that you can start again at 1.
And really see if you can let go of any judgement or criticism.

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Each time, just starting again, patiently and with gentleness.
There's no need to judge yourself for losing track.
So, starting again.

Breathing in, breathing out, 1.

Breathing in, breathing out, 2.

Following your own breath and your own timing.

As you count your breaths, see if you can stay connected with the feeling or the sensation of your breath in your body.
Letting the counting be very soft and quiet in the background.
As most of your attention stays with the physical sensations of the breathing.

So, as you breathe in, feeling the in breath.
And as you breathe out, feeling the out breath.
But continuing to count up to 10 and then starting again at 1.

As your mind begins to settle, you may start to feel sleepy or drowsy and just allowing that sleep to come.
Letting the counting drift away.
And letting yourself fall deeply into sleep.