Sleep Meditation - Equanimity

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.
And today's practice will be focused on cultivating the quality of equanimity.
The state of inner balance, inner peace.

So, taking some time to get settled in your bed.
Lying down and relaxing the body.
Releasing any stress or tension from the body.
And releasing any stress and tension from the mind as well.

So, putting down all your to-do lists and tasks.
Giving yourself permission just to arrive.
With no agenda.
Nothing else you need to do for the day.

Bringing your awareness down into your belly.
Softening the belly and taking a few long and slow deep breaths.
One more time.
Deep breath in, deep breath out.

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Allowing your mind to settle on your anchor point.
Feeling your breath.
And see if you can just notice the movement of the breath.
How it changes from moment to moment.

And then moving your awareness outward, feeling the rest of the body.
Becoming aware of your whole body.
And for this practice today of cultivating equanimity, we want to see if we can focus on making space for any experience.

So, whether your experience or sensation is pleasant or unpleasant, see if you can allow it to be present without grasping after pleasant sensations and without pushing away unpleasant sensations.

See if you can simply make space for any experience.
You can use the labelling technique to simply note what you're feeling.
So, if you notice some pain in the body, simply note, "pain" "pain" and allow it to be there.

You might investigate more closely.
Notice if there's heat or coldness.
Notice if there's any throbbing or pinching.
Does the pain feel sharp or dull.

Whatever you notice, whatever you become aware of, can you make space for that experience.
Maintaining your inner balance.

Coming back to the breath whenever you're not sure of what to do or what to pay attention to.
Bringing this same quality of equanimity to the breath.
Can you let the breath be just as it is without wanting it to be deeper or different.
Just noticing the breath and maybe noticing in you mind, this is how it is right now.

You might be aware of different emotions or feelings.
See if you can use that same phrase, "this is how it is right now" or "this is how I'm feeling right now in this moment".

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So, you can notice if you're feeling sleepy or tired.
Notice if you're feeling restless or agitated.
Make space for any experience.
Nothing to change.
Nothing to fix.

Noticing whatever arises.
Any sight or smell or taste, body sensation, or sound, any feeling or emotion.
Can you welcome every experience.
As if you were greeting a friend at your front door and inviting that friend in for tea.

Can you let go of all resistance.
Nothing to cling to.
Nothing to push away.