Sleep Meditation - Nothing to Do

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 to another guided sleep meditation.
Go ahead and find a nice comfortable position in your bed.
Laying down either on your back or your side or however feels comfortable.

We can start with a few deep breaths as usual.
So, taking a deep breath in and a deep breath out.
One more time.
Deep breath in and a deep breath out.

And we can start off just by giving ourselves permission to be here, with nothing to do, nothing to accomplish.
Nowhere we need to go.

At the end of the day, giving yourself this full permission to rest.
Allowing yourself to put everything aside.
Set down all the projects, all the tasks.

And so, checking in with your body.
And just seeing if there's any tension or tightness that you can soften around.
Softening the muscles of the face.
Softening the muscles around the eyes, the cheeks and the jaw.

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Loosening the shoulders.
Letting the arms drop.

Can you really let go?

Allowing yourself to melt into the bed.

And from this place of stillness in the body, starting to tune into the feeling of your breath.
Connecting with your anchor point.
That one spot either in the belly or the chest.
Or at the entrance of the nostrils.

Feeling the subtle sensations of the body.

And now becoming aware also of your emotional state.
So, what is the attitude of the mind?
See if you can notice how you're feeling.

Notice if you're feeling agitated or restless or stressed or happy, relaxed.
Just noticing the flavor of the mind in this moment.
Getting curious about your experience.

And then refocusing your attention back on the breath.

Breathing in and feeling the in breath wherever you feel it.
Breathing out and feeling the out breath.
And allowing yourself to be relaxed, be at ease.

Reminding yourself from time to time that in this meditation there's nowhere you need to go, nothing you need to do.
Just noticing what your experience is.
Feeling the breath and noticing your emotions and your thoughts.

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If you notice any tension or tightness creeping back into the body, you can allow these areas to soften.
Perhaps breathing into these areas.
Letting your out breath soften and relax the muscles, as if you were deflating a balloon.

Nothing to do and nowhere to go.

Just allowing yourself to rest and relax, to feel your breath.