Kindness for Your Thinking Mind

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

Each one of us has a thinking mind that works a lot. Often, it works overtime. In today's practice, we will be offering kindness to our thinking mind, helping to bring it a sense of peace and gratitude.

Begin by finding a comfortable seated posture, alert yet relaxed.
4 sec

Close your eyes or let your gaze be soft, and then take two or three grounding breaths at your own pace.
4 sec

Liken each breath to an anchor that helps you to land here and now.
10 sec

Continue to let your breath flow naturally. Notice where the breath goes as it enters your body and where it goes as it leaves your body.
15 sec

Now draw your attention to your head.
4 sec

Without delving into thoughts, notice how the head feels. Is there a part of your head that calls your attention the most? Is there heaviness or lightness? Is there warmth or coolness? Just notice whatever you can notice about the physical sensations within your head.
15 sec

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You might notice tense muscles, maybe in your forehead or your jaw. If you can, see what it is like to soften this tension.
15 sec

The brain does so much for us. Among other tasks, it takes in, processes, analyzes, and stores heaps of information.

Sometimes, it absorbs too much and analyzes too much, which can leave us feeling stressed and tired. So for the next few minutes, give your thinking mind permission to simply be.
30 sec

If thoughts arise, there is no need to judge them. Instead, see if you can offer these thoughts your loving-kindness.

And then, come back to simply being.
30 sec

It is the thinking mind's nature to think. You do not need to fight this. Offer your thoughts your love and then come back again and again to open awareness of the physical sensations of the head. Notice if they change overtime.
30 sec

Be mindful of any tension that comes back into the muscles in your forehead or jaw and soften them again gently.
30 sec

Given that our thinking mind does so much for us, let us open to offering it gratitude. Thank it for what it does to support you.
20 sec

Before closing this practice, take a few more moments of silence to give your thinking mind permission to just be. Let all tension melt away.
20 sec

To close the practice, raise your hands to your heart and bow your head gently. Thank you for taking this time to tend with kindness to your thinking mind.
6 sec

Whenever you are ready, bring a bit of movement into your hands and feet and slowly open your eyes.