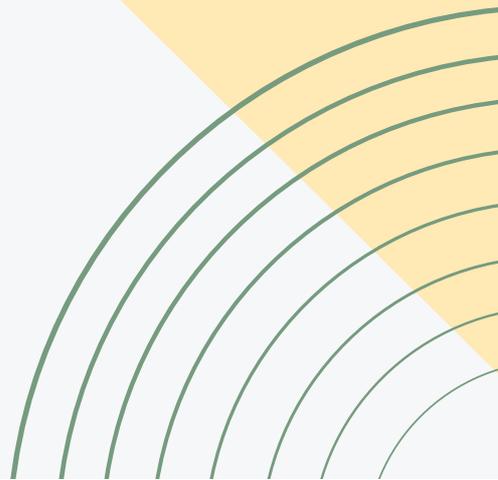




# 8 GUIDED MEDITATION SCRIPTS POWER PACK



MINDFULNESS  
EXERCISES



# TABLE OF CONTENTS

- 03 INTRODUCTION
- 05 BODY SCAN, ADVANCED
- 08 AWARENESS OF EACH OF THE FIVE SENSES
- 10 DEEP BREATHING
- 13 MINDFULNESS OF FOOD AND EATING
- 16 APPRECIATING THE LITTLE THINGS
- 19 A BREATHING ANCHOR FOR YOUR WANDERING MIND
- 23 GROUNDING THROUGH BODY AWARENESS
- 26 FOCUSED ATTENTION AND CONCENTRATION

# INTRODUCTION

Whether you're a new mindfulness teacher or you already have some experience, guided mindfulness meditation scripts can help you share mindfulness in skillful and meaningful ways. Meditation scripts can be read word-for-word, modified slightly to suit your voice and audience, or simply act as a bit of inspiration to expand your existing teachings.

This '8 Mindfulness Meditation Scripts Pack' is a resource you can turn to for mindfulness teaching guidance and inspiration. Read on to learn more about how you can use these scripts to enhance your professional mindfulness teachings and/or your personal practice.

## HOW TO USE THESE MEDITATION SCRIPTS

There are a number of ways to use guided meditation scripts. Most commonly, people use these types of scripts to lead others, but you can also get creative and use written scripts to enhance your own practice. If you're looking to implement these scripts into your work with others (or to deepen your own mindfulness practice), consider the following ideas:

### 1. Record yourself reading a meditation script and share it digitally.

A lot of people meditate with the support of on-demand guided meditations. What if *your* guided meditations were practices that others could easily turn to? Record yourself leading a guided practice and share it through any channel available to you, such as a monthly newsletter, social media, meditation apps, or streaming platforms.

### 2. Lead live classes or workshops with the support of guided meditation scripts.

Guided meditation scripts can also be used when leading live sessions. Before leading a class or workshop, familiarize yourself with the script of your choosing and consider the needs of your audience. Practice reading the script a few times, making any modifications that feel relevant, and then lean on the script when guiding the group.

### 3. Record meditations to help your clients keep up their practice beyond your sessions together.

If you lead meditation classes regularly, you might invite your students to continue with certain practices as homework. Record meditations that feel particularly relevant to the needs of those you work with and share them via email after the day's session.

### 4. Create recordings of your favorite meditation scripts for personal use.

If there are any scripts you feel particularly drawn to personally, make any modifications to the script that feel relevant to your needs and preferences and create a recording of it. Implement this recording into your personal practice. This is a great opportunity to create a practice that speaks precisely to where you're at right now.

When it comes to using the guided meditations scripts included in this pack, we invite you to get creative! The only thing you cannot do with these scripts is share them in written form with others – whether freely or paid.

## ADDITIONAL RESOURCES TO SUPPORT YOUR JOURNEY

If you find these scripts supportive of your personal or professional journey, consider the following offerings as ‘next steps’:

### If you share mindfulness with others:

- Use our [200 Guided Meditation Scripts](#) to expand the types of practices you’re able to lead others through
- Diversify the ways in which you teach mindfulness (and the topics you teach) with the help of [300 Mindfulness Worksheets](#)
- Learn how to teach mindfulness with greater confidence and credibility by becoming a student of our [Mindfulness Meditation Teacher Training Program](#)

### If you’re looking to deepen your own practice:

- Challenge yourself to complete [28 days of mindfulness meditation](#) (or give our free [100-Day Mindfulness Challenge](#) a try!)
- Explore your favorite mindfulness-related topics in greater depth through the [Mindfulness Exercises Podcast](#)
- Continue deepening your personal practice with our instant download of [300 Mindfulness Worksheets](#)

## ABOUT MINDFULNESS EXERCISES

Mindfulness Exercises, founded by Sean Fargo in 2014, is an online platform that shares free and premium mindfulness resources for mindfulness practitioners and mindfulness meditation teachers alike. Our intention is to help people live with embodied presence, compassion and resilience. Generosity is our primary practice and community is our reason for being. We exist because of you, and we’re here for you. Together, we’ll create the world we long to live in.

# Body Scan, Advanced

## 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



Let's begin by taking a moment to allow your body to settle into a comfortable position (2seconds).

You may close your eyes or keep them slightly open, allowing the spine to lift (2 seconds) and the shoulders to soften (5 seconds).

Today we will practice a relaxation body scan (5 seconds).

Begin by taking a full breath in (2 seconds) and a long breath out (6 seconds).

Breathe naturally... and bring your attention into your body (5 seconds).

Notice the feeling of the weight of your body on the chair, the floor, or whatever is below you (10 seconds).

And as you breathe, notice how your chest and abdomen expand to allow the air to enter your lungs (5 seconds).

What sensations are you aware of? (5 seconds)

And as you exhale, bring awareness to the softening... and notice the sense of relaxing more deeply (20 seconds).

Now bring your attention to the top of your head, noticing any sensations in the scalp (2seconds), down the back of the head (2 seconds), to the sides of your head (2 seconds), and through the face (4 seconds).

# Body Scan, Advanced

## GUIDED MEDITATION SCRIPT

Notice your jaw (2 seconds) and if you're holding any tension in your jaw (2 seconds).

Notice whatever you notice... and then let your face be soft (2 seconds). Relax the muscles around your eyes and around your mouth (5 seconds).

Breathing in (2 seconds) and breathing out (20 seconds).

Now notice your neck and your throat (2 seconds). Scan with open, gentle awareness... and then let them, too, be soft (10 seconds).

Notice your shoulders and arms. Notice any temperatures or sensations here (5 seconds).

Notice whatever is present, and if there is any tension, allow that tension to move from your shoulders... down through your upper arms and elbows... and through your forearms, wrists, hands, and fingers (5 seconds). Allow any tension to move beyond the tips of your fingers (15 seconds).

Is there any fabric of clothing against your arms? Notice what that feels like... or notice the air against your skin (8 seconds).

Continuing to breathe in (2 seconds) and to breathe out (15 seconds).

Now bring your attention to your chest and abdomen (2 seconds), feeling the movement in your chest as you breathe (10 seconds).

Bringing your attention to your stomach, noticing if your stomach is tense or tight (2 seconds) and just letting it soften (10 seconds).

Now noticing the upper back and the lower back (5 seconds): what sensations do you become aware of? (5 seconds)

If there is any tension or tightness, see if you can allow that, too, to soften (20 seconds).

Now continue by traveling down to your legs (2 seconds): through your thighs (2 seconds), your knees (2 seconds), your calves and and shins (2 seconds), your ankles (2 seconds), and finally bringing your attention to your feet (5 seconds).

Noticing the sensations of your feet, perhaps resting on the ground (10 seconds).

Noticing any weight, (2 seconds) sense of temperature, (2 seconds), or feeling of energy perhaps present in the feet (20 seconds).

# Body Scan, Advanced

## GUIDED MEDITATION SCRIPT

---

And as you continue breathing in and breathing out, notice the whole body (2 seconds) from the top of your head (2 seconds) all the way down to your toes (15 seconds).

Staying with a sense of the whole body for a few more breaths (30 seconds).

And as we close, continue remaining aware of your body as best as you can as you finish with a full deep breath in (2 seconds) and a long deep breath out (5 seconds).



# Awareness of Each of the Five Senses

## 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



5-4-3-2-1

When you are in the throes of an overwhelming emotion, it can hook you in completely.

Mindfulness practice helps you notice when this happens.

When you do notice you are feeling overwhelmed, you can use this exercise - the 5-4-3-2-1 exercise - to bring yourself back to the here and now. It takes just a few minutes and extends an invitation to be present.

So, to begin:

Leaving your eyes open, scan your surroundings and notice five things you can see.  
(5 second pause)

You can say them out loud or note them silently in your head.  
(5 second pause)

With each of the five sights, pause to take them in completely.  
(20 second pause)

Next, notice four things you can feel in the body.  
(5 second pause)

Again, you can either note them out loud or note them quietly in your head.

# Awareness of Each of the Five Senses

## GUIDED MEDITATION SCRIPT

Rest your attention with each sensation for a mindful breath or two.  
(20 second pause)

Now name three things you can hear.

Try to choose three different sounds, not the same noise three times.  
(5 second pause)

Take in each sound with curiosity.  
(15 second pause)

Next, note two things you can smell.  
(5 second pause)

If you cannot smell two things in this moment, feel free to move somewhere to smell something more closely.

Or, simply notice whatever you notice - even if that's an absence of smell.  
(15 second pause)

And finally, note one thing you can taste.

It may be the leftover taste of a meal, of toothpaste, or just the way your breath tastes.  
(5 second pause)

If you are not aware of any taste in particular, just note that as well. There is no right or wrong to this exercise.  
(5 second pause)

Remember that you can come back to this practice whenever you need to quiet or calm your mind. Your senses are here to ground you in the present moment.

# Deep Breathing

## 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



When was the last time you really thought about your breath?

Are you aware of how the way that you breathe holds power?

This meditation focuses on deep breathing, exploring the power deep breathing holds to impact our nervous system.

Though the breath functions without us needing to effort, you can guide the breath pro-actively to impact your 'involuntary nervous system', also known as your 'autonomic nervous system'.

There are three divisions to the autonomic system – two of which are the sympathetic nervous system and the parasympathetic nervous system.

The sympathetic nervous system governs our 'fight or flight' response, while the parasympathetic nervous system is known as our 'rest and digest' system.

When the sympathetic nervous system is dominant, your breathing is fast, short and shallow.

When this system is on overdrive, it can lead to chronic stress and anxiety.

On the other hand, when the parasympathetic nervous system is activated, you breathe slower, deeper and longer.

This system calms and soothes us, bringing balance when we feel stressed out. Through specific breathing practices, such as deep breathing, you can decrease the sympathetic nervous system and increase the parasympathetic nervous system. This shift can help to restore your sense of calm and presence.

# Deep Breathing

## GUIDED MEDITATION SCRIPT

The goal in most breathwork practices is to change certain qualities of your breath – and the goal of this exercise is to focus on making your breath deeper, longer, quieter and slower, as much as is comfortable.

The more often you do this, the more often you put the parasympathetic nervous system in the driver seat, which calms the sympathetic nervous system.

So, let's try a short practice:

Begin by coming to a comfortable resting position. If you are new to deep breathing, it might be easiest to rest on your back.

You can close your eyes or keep them open, and begin by taking a few breaths at an effortless depth and pace.

(Pause for ~15 seconds)

Place your hands on your belly now, and as you breathe, see if you can guide your breath to move as deep as possible – so long as it feels comfortable for you.

(Pause for ~15 seconds)

Breathe with an intention to make your breath deeper, longer, quieter, and slower.

(Pause for ~15 seconds)

You do not have to force your breath. Let this exploration be gentle and gradual if you are new to it. (Pause for ~5 seconds)

Continue to breathe deeply for a few more breath cycles.

(Pause for ~15 seconds)

Excellent. Well done.

You can resume your natural way of breathing.

(Pause for ~5 seconds)

So, to recap:

You can use specific techniques of breathing to decrease the sympathetic nervous system and increase the parasympathetic nervous system.

In doing so, you soothe the 'fight or flight' response and bring more rest and tranquility to both body and mind.

# Deep Breathing

## GUIDED MEDITATION SCRIPT

---

And again: the more often you do this, the more often you put the parasympathetic nervous system in the driver seat, calming the sympathetic nervous system in the process.

I hope this practice has been useful for you.  
Thank you for your mindfulness!



# Mindfulness of Food and Eating

## 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



Mindful eating is an opportunity to nourish your body while deepening your mindfulness practice. In this short guided practice, you will bring your full attention to a small piece of food and to the process of eating it.

You can do this practice in any position conducive to eating and it is helpful to stay relatively still while eating. This minimizes unnecessary stimulus and helps you focus on the experience.

First, choose a small piece of food. You can do this with any food, but I recommend starting with something simple, like a raisin, a berry, or a piece of your favourite vegetable.

Begin by taking in the food visually. Notice its color, shape, and size. Is the color uniform? Is there a pattern?

Is the shape regular or irregular? Just notice what you notice.

And as you look at this piece of food, notice any urge to start eating.

Is there hunger? Is there craving? Just allow the cravings to come and go as you investigate this food visually.

Next, investigate the smell of the food. Some foods may have stronger aromas than others and you may have to hold the food up to your nose to pick up a scent.

Be fully present for the experience of smelling.

If the mind begins to crave, just return to the smell in front of you.

# Mindfulness of Food and Eating

## GUIDED MEDITATION SCRIPT

Now before eating this piece of food, take a brief moment to appreciate the energy that went into its production:

The people who worked to grow this food and bring it to you.

Nature that provided nutrients, rainwater, and sunshine.

Maybe somebody cooked, cleaned, or packaged it for you.

Bring into your mind to all of the energy from various sources that came together to create this meal.

Now, slowly pick up the food. If you are using any utensils, tune in to the experience of touch as you feel the utensil.

Mindfully feel how the food or utensil feels in your hand. Is it stiff, soft, cold, or warm?

As you put the food in your mouth, notice the desire to chew and swallow quickly.

Instead, start by feeling the temperature of the food.

Holding the food in your mouth, can you feel the shape?

As you begin chewing, notice the texture of the food. Does it change as you continue to chew?

And then notice the flavors.

You may have a hard time doing more than simply labeling what you're eating, such as "It's a raspberry." But try to leave the label aside as you explore this piece of food as if for the first time.

Try to dig a little deeper. Are there multiple flavors present? Pay attention to the changing of flavors as you continue to chew.

When you swallow this first bite, tune in to the experience of swallowing. What does it feel like as the food moves down the throat?

You may also notice the desire to quickly have another bite. But first, pause and notice if any flavor remains in the mouth for a moment.

# Mindfulness of Food and Eating

## GUIDED MEDITATION SCRIPT

---

Then mindfully have another bite in the same way. Remind yourself to slow down and be present.

As you practice mindfulness of your food and eating, continue to check in with the sights, smells, tastes, feelings, and thoughts that arise.

And when you finish eating, allow yourself to feel gratitude for the food that is nourishing your body. Let the mind relax into a state of appreciation for the energy this food provides.



# Appreciating the Little Things

## 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



Hello and welcome to this gratitude meditation. Today we will be expressing gratitude for the little things in life. For the day-to-day gifts that often go unnoticed. This meditation is best listened to in your favorite indoor room.

Let's begin by calming the mind. As you sit or lie down, becoming as comfortable as possible, allow your mind to become more comfortable too. Close your eyes now and start to focus on your breathing, breathing a bit more deeply than you usually do and exhaling a bit more slowly.

Observing the breath is a great way to bring the mind into a state of focus.

Take your time breathing; let it move slowly and effortlessly.

And then shift your awareness from your breath back to your body now, feeling the floor beneath you.

Now, think about the room or the space that you are in. How does it feel to be here? What is this place like? Begin to take notice of the little things around you that you might take for granted as you go about your busy days.

Think of this room as a shelter – a haven – keeping you safe from the outside elements, keeping you well protected and comfortable. Feel the air on your skin and notice what it feels like. Warm or cold, appreciate the temperature of the air that surrounds you.

Notice the sounds in this room now. Perhaps you hear a ticking clock, the hum of a fan or the murmur of voices. You may pause this recording or lower the volume if necessary as you observe.

# Appreciating the Little Things

## GUIDED MEDITATION SCRIPT

And rather than thinking of these sounds as noises or distractions, lend some appreciation to them. Think of each sound as an opportunity to explore your surroundings and become more mindful of all of the moving parts that exist here. Just listen. Be present. Again, you may pause this recording or lower the volume if necessary.

Breathe deeply now and see what you can smell. See if you can uncover scents that you may not have realized were here. Inhaling through the nose as you pick up on subtle aromas. Perhaps you smell the wood of the floor beneath you or of the walls around you. Or perhaps you can smell plants or soil, or maybe you notice other scents drifting in through the window or from another room. Just breathe, explore, and appreciate this moment of mindfulness.

If there is an absence of smell – or of any other sense – that is okay too. Just notice what you notice.

Now, begin to extend your awareness to outside of your immediate surroundings. Think about your entire home and everything within it. Bring to mind the things that you use every day to help your life run more smoothly: alarm clocks, refrigerators, sinks, closets, clothes.

See yourself going through a normal day but moving more slowly through it – more mindfully. Taking your time getting dressed, washing up, eating, and working. Imagine taking the time each day to express gratitude for all of these modern conveniences.

Try not to dwell on the haves and have nots. Simply appreciate every aspect of your daily experience. Continue to breathe deeply, setting an intention to move more mindfully throughout each day starting right now.

Extending your awareness even further now as you think of the world outside. Think of the blue sky above, the sun, the trees that offer you shade and the soil beneath your feet.

Think of the seasons:

Autumn with its deep rich colors and crisp breeze.

Picture the perfect winter day complete with a warm cup of tea or coffee and a comforting fireplace.

Breathe in the dewy freshness of spring, watching flowers bloom as the sun returns to the earth.

Think of the slow lazy days of summer soaking up the sunlight, savoring sweet, ripe fruits and cool refreshing drinks.

# Appreciating the Little Things

## GUIDED MEDITATION SCRIPT

Continue to express appreciation for the changing of the seasons and the gifts that each one brings.

Now, it's easy to find gratitude for everything that runs smoothly in our lives, but how about the bumps in the road? We can be thankful for these little life lessons too.

The spilled milk. The flat tire. The seemingly endless grocery line. All of the little errands or minor annoyances that pepper our days. Every mishap offers us a chance to slow down. The chance to live in the present moment and to focus our attention on the matters at hand.

Imagine navigating these bumps in the road with grace and ease, effortlessly going with the flow and keeping a cool calm head. Adopting a "come what may" attitude.

Deep breath in now, pulling the air as far into the body as is comfortable. And a slow letting go breath as you release all stress.

Another deep inhale and slow exhale, releasing expectation.

And a few more slow breaths, letting go of anything that prevents you from experiencing gratitude. Releasing all blocks; letting all inner barriers to gratitude dissolve. And inhaling clarity and relaxation in their place.

Engage with a peaceful, steady rhythm of your breath as you continue to invite gratitude into this experience.

In the wise words of author G.K. Chesterton, "When it comes to life, the critical thing is whether you take things for granted or take them with gratitude." Let that sentiment sink in: "The critical thing is whether you take things for granted or take them with gratitude."

Commit to turning all of your 'for granted's into gratitude, mindfully walking through your life and making an effort to notice more, feel more, and see more. Take a couple more deep breaths, fully integrating this idea of taking everything with gratitude.

And when you are ready, breathe naturally – and become aware of your body once again. Feel the floor beneath you, the air against your skin. Notice the sounds around you as you slowly allow your eyes to open, taking everything in.

This is your life. You are here, right now. As you continue your day or night, remember to take everything with gratitude.

# A Breathing Anchor for Your Wandering 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



This mindfulness practice is your “breathing anchor” practice, a meditation where you root your awareness into the present moment like an anchor that roots a ship to one place.

This practice may help you to dissolve anxiety, decrease stress and allow the body and mind to experience peace and relaxation.

So to begin, adopt as comfortable a position as possible.

It's often best to be sitting, but you can do this meditation in any posture: standing, lying, sitting, or even walking.

My guidance will assume you're sitting, but adapt the instructions to whatever posture you've chosen.

Sitting with your back upright, get relaxed with your spine following its natural curves.

See if you can you can establish a position that feels dignified, alert, and yet relaxed... and allow your body to settle, to rest down into gravity, letting it be supported by the floor beneath you.

And gently close your eyes, if that's comfortable. This will help your awareness to settle by lessening external distractions.

Gradually allow your awareness to gather around the sensations of the breath in your body.

Where do you feel the breath most strongly?

# A Breathing Anchor for Your Wandering Mind

## GUIDED MEDITATION SCRIPT

Be curious about your actual experience, letting go of what you think should be happening, and being with your experience without judgment.

Now very gently rest your awareness within the whole torso.

Can you feel your belly swelling on the inbreath and subsiding on the outbreath?

Can you feel any movement and sensations of the breath in the sides and the back of the body as well?

Gradually inhabit your body a little more deeply with a sense of kind curiosity towards whatever you're experiencing as you breathe.

Remember to be accepting of whatever's happening, holding your experience with gentle awareness as it is.

See if you can cultivate a precise awareness of the sensations and movement of the breath in the body as they happen, moment by moment, being careful not to strain.

Allow your awareness to be utterly receptive as it rests upon the natural movement of the breath in the body.

Allow the breath to be saturated with kindness as it rocks and cradles the body, soothing any stress, pain, or discomfort you may feel.

Now become aware of any thoughts and emotions.

Remember that mindfulness isn't about having a blank mind. It's normal to think. Mindfulness is the training whereby you cultivate awareness of what is actually happening: physically, mentally, and emotionally.

With increased awareness, you can gradually change your perspective and feel you have more choice in how you relate to life.

See if you can look at your thoughts and emotions rather than from them.

Can you be aware of what you're thinking and feeling without either blocking the experience or getting overwhelmed by it?

And then anchor your awareness back in your breath.

# A Breathing Anchor for Your Wandering Mind

## GUIDED MEDITATION SCRIPT

Use awareness of the movement and sensations of the breath in your body as an anchor for the mind over and over and over again.

...

As thoughts arise, know that they are not facts, even though we often think that they are.

As you develop perspective on your thoughts and emotions, including undermining ones, can you let go of being so caught up in them?

Notice how they're continually changing one moment to the next, exactly the same way your breath is always changing. Your thoughts and emotions are not as fixed – as solid – as you perhaps thought.

And come back to your breath.

Follow the breath all the way in... and all the way out.

Each time your awareness wanders, as it will, simply note this... and return to the breathing anchor – time... after time... after time. Moment by moment. Making sure you're very kind and patient with yourself, even if you have to start again a hundred times.

Starting over and coming back is perfectly okay. This is what the training is all about.

And remember that each time you notice you've wandered is a magic moment of awareness. A moment where you've woken up from a distraction. A moment of choice.

So when you catch yourself having wandered off, you're succeeding in the practice... just as you're succeeding when you manage to stay with the breath... even if just for a moment.

...

What's happening now?

What are you thinking?

Just note this without analyzing or latching on... and guide your awareness back to the sensation of the breath in the body – over and over again.

...

# A Breathing Anchor for Your Wandering Mind

## GUIDED MEDITATION SCRIPT

---

And now gently begin to bring the “breathing anchor” practice to a close, opening your eyes slowly and in your own time.

And become aware of the sounds around you, inside and outside the room.

Feel your whole body... and gradually - gently - begin to move, making sure you give yourself time to make a smooth transition from the “breathing anchor” practice to whatever you’re doing next.



# Grounding Through Body Awareness

## 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



Hello, and welcome to this grounding meditation through body awareness.

Begin this practice by finding a comfortable seated posture. This could be on the floor, on a cushion, or on a chair.

However you are seated, you'll want to be able to feel your connection to the ground. So if you're sitting on a chair, plant your feet flat on the ground.

If you're sitting on a cushion, take your cushion to the floor and either sit on your knees with your shins and the tops of your feet rooted to the earth or cross your legs and arrange the height of your cushion so your knees are lower than the height of your hips.

Once you're comfortable in your seat, sit up tall and close your eyes, or gaze softly at the ground ahead of you.

Seal your lips and breathe gently, quietly, and slowly - in and out through your nose.

With every exhale breath, allow the weight of your body to release further down towards the ground. And with every inhale breath, notice an opposing, upward lifting energy that lengthens your spine a little bit taller.

With each exhale breath, release the shoulders, hips, and legs towards the ground. With each inhale breath, feel a gentle lightness, a gentle upward lifting.

Rest here for a moment, finding a balance between these two breaths: grounding exhale... and upward lifting inhale.  
(pause 3-5 breaths)

# Grounding Through Body Awareness

## GUIDED MEDITATION SCRIPT

Now take your attention a little more towards the exhale breath. Let each exhale breath take a little more time than each breath in. Lengthen and extend the exhales gently and comfortably, without trying too hard.

Now notice all the points of your body which are touching down and connecting to the ground below you, to the earth.

The soles of your feet or your ankles... your shins, your sit-bones, or the back sides of your thighs.

With every exhale breath, as you ground a bit further by releasing energy down into the earth, imagine that each of these connection points expands a tiny bit... widens... the way water spilled on the floor slowly begins to spread.

And if at any time you feel as though you're melting down a little too much, just remember the accompanying lightness of each breath in.

Rest here, aware of this play, and this connection between the solidity of your body and the firmness of the earth.  
(pause 3-5 breaths)

And now of course the mind is still active, perhaps very active.

Anytime that you notice the mind has wandered off, chasing a thought, spend no time wondering why. Spend no time playing with the 'what'. Spend no time judging the meditation or yourself as good or bad.

Simply bring the mind back to the body. Check back in with your sense of the weight of the body. The form of the body. The solidity of the body.

Get very curious about your sense of the body.

Is it heavy or light? Still or in motion? Solid or fluid?

Be present with the body - right here, right now. With the body.

Seated on your chair or your cushion. In touch with the ground.

Relatively still. Physically stable.

Rooted. Grounded. Neutral.  
(pause 3-5 breaths)

# Grounding Through Body Awareness

## GUIDED MEDITATION SCRIPT

From this place of stability, continue to notice when the mind wanders off.

And as many times as you need to, bring the mind back to the body. Back to this anchor of the form of your body. Stable, and connected to earth.

(pause 3-5 breaths)

Notice the body as 'home base' for the mind.

Wherever the mind goes, the body remains grounded.

And whenever you notice the mind has drifted away, the mind has the grounded body to return to.

(pause 3-5 breaths)

Before you open your eyes, check in one more time with the space in which your body meets the ground.

Breathe out, release down into this space, into the ground.

Breath in, and push down into this space as you open your eyes.

Stay here for 3-5 breaths with eyes open. Still aware of your body and the support of the ground beneath you.

And as you rise up to stand, be fully aware that to do so, you press down into the stable, ever-present earth.

# Focused Attention and Concentration

## 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



Let's begin by taking a moment to allow your body to settle (2 seconds). Find a comfortable position that allows your spine to be long but with a natural curve in the low back.

For this practice you may want to close your eyes, or let your gaze be soft (2 seconds). Let the belly and shoulders relax (5 seconds).

Today I'll guide you through a focused attention practice centered on the breath. This will help to calm your mind and relax your body (5 seconds).

Before we start, take a full breath in (2 seconds) and a long breath out (5 seconds).

Now allow the breath to find its natural rhythm, in and out (10 seconds).

Without trying to change your breathing in any way, take this time to notice how your body breathes.

You may feel the breath as air passes through your nostrils or in the rise and fall of your belly or chest.

Choose one area to observe the breath for the next few minutes (5 seconds).

Whichever you choose, direct your attention to noticing the inhale (2 seconds) and the exhale (4 seconds). Again... and again (20 seconds).

Whenever you find that the mind has wandered, just come back to the breath (10 seconds).

# Focused Attention and Concentration

## GUIDED MEDITATION SCRIPT

Notice the different aspects of the breath right now:

The phases of the inhale and the exhale.

Whether your breath is warm or cool, deep or shallow.

Observe if there is a pause between the end of one complete breath and the beginning of the next (20 seconds).

If your mind is wandering, counting can be helpful for maintaining focus on the breath.

So at the bottom of each exhale, count silently from one to ten.

Inhale, exhale: count one.

Inhale, exhale: two.

Still noticing the sensations of the breath (20 seconds).

When the mind wanders again, just come back to one (2 seconds) and start again without judgment (20 seconds).

As we begin to close this practice, bring your attention back to the body.  
How does your body feel? (10 seconds)

Are there sounds around you? (5 seconds)

What are the sensations of the clothes or air on your skin? (10 seconds)

Feel where your feet or body make contact with the ground (5 seconds).

Maybe wiggle your fingers and your toes (5 seconds).

If you're ready, you can gently open your eyes now and take in the world around you.  
You can also stay sitting for a few more moments as your body and mind return to alertness (5 seconds).

As you continue with the rest of your day, you can access this gentle, focused energy again by refocusing for a few moments on your breath in the way we just practiced (2 seconds).  
Let's finish this focused attention practice now by taking a full breath in (2 seconds) and a long breath out (5 seconds)

\*Ding\*

# Focused Attention and Concentration

## GUIDED MEDITATION SCRIPT

---

### Integrated Practice:

Practice generous listening with someone today. When in a conversation, place all of your attention on the other person. Listen with both your ears and your heart.

### Reflection Questions:

1. How does this type of listening shift the experience of the conversation for you?
2. How do you think this type of listening shifted the experience of the conversation for the person you were listening to?

