

# Awareness of Smell While Walking

## 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



### Stop and Smell the Roses

Your sense of smell is an especially powerful connection to your mind.

When you smell something, a signal is sent directly into the neocortex and limbic system, making it a powerful trigger for inducing memories, emotions, and thoughts.

This practice will give you a framework for investigating the sense of smell more deeply in your life.

Find a place to walk where you can spend 15 minutes outside.

It may be in a park, around your neighborhood, or out on a trail.

Begin with a moment to ground yourself in the present.

Focus on mindfulness of the external world.

Rather than focusing on the body, open your eyes, listen to the sounds, and recognize where you are.

Begin walking mindfully.

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### Stop and Smell the Roses

It can be helpful to walk slower than you normally do.

Stay in tune with the world around you.

When you see something natural that may have a scent, pause and smell it.

It may be a flower, an herb, a plant, or the smell of the ground after the rain.

As you are smelling, close the eyes and bring your full awareness to the aroma.

Immerse yourself in the experience by making the sense of smell the sole focus of your attention.

After a few moments of this, leave it be and continue walking.

When you come across another aromatic object, stop and smell it with presence.

Stay curious and open.

This practice is different from working with other senses, because you have to intentionally smell something rather than just observe.

When you are done with your walk, try to remember this practice throughout the day.

Whether you're eating a meal, drinking tea, or driving home, tune in to the smells that come and go.

Observe your reactions to these, as we often have strong positive or negative reactions to scents.

