

Awareness of Your Problem Without Fixing It

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



Letting Go of Fixing

When there is discontentment, the natural habit is to correct it.

The mind goes into “fix-it” mode.

This often results in circular thinking, trying in vain to solve a problem.

Although reflection and goal setting are useful, the obsession you experience is often not.

This exercise offers a technique to work with this “fix-it” thinking.

You can use it in a formal meditation practice and return to it at any point during your day when you notice the mind stuck on a loop of problem solving.

Sit up as straight as possible, inviting alertness into the mind and body.

Take a few deep breaths, energizing the body.

Begin to tune in to your thoughts.

What problem are you working to solve?

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Letting Go of Fixing

Is there something specific you want to figure out or fix?

Notice the issue itself, not your thoughts about it.

Try to clearly see what the problem is, rather than focusing on the solution.

With the “problem” in your mind, notice any discomfort you feel around it.

There may be some fear of the unknown, insecurity, or a desire to plan something.

Whatever your experience is, look at the issue with tender awareness.

There’s no need to judge yourself, beat yourself up, or jump right into fixing.

Just be with the discomfort.

As you rest in awareness of the problem to be solved, begin tuning in to the mind and body.

Is there tension in the body?

Notice where it is.

Recognize when the mind jumps into the desire to fix the discomfort by saying to yourself, “Fixing.”

With the intention of meeting your experience with patience, offer yourself a few phrases of mindful care:

I see this discomfort.

The mind wants to fix it.

May I be with this problem.

To close this meditation, take a minute to ask yourself what can be done.

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Letting Go of Fixing

You don't need to come up with a clear, step-by-step plan.

Just offer the simplest solution possible.

For example, if you're worried about bills, recognize that you may need to save some money.

Allow a basic solution to arise, and don't dive more deeply into the story.

