

Awareness of the Changing World

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



The Moving World

The very nature of mindfulness is to tune in to your experience at any given moment, noticing as you go that every experience is impermanent.

That is to say, everything is always changing.

Feelings come and go, thoughts arise and pass, and sounds pop up and disappear.

We can use this changing nature as the object of our awareness during the day.

Tuning in to all the change in the world will help you identify impermanence in action and give you a variety of things to focus on.

Sit outside or near a window, and leave the eyes open.

Set the intention to rest in awareness of your present-time experience.

Place the awareness on the body and the breath, taking in where you are and how you are sitting.

Begin by noticing where you can feel motion in the body as you sit still.

Awareness of the Changing World

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The Moving World

Rest with the breath and pay attention to the abdomen, chest, shoulders, and anywhere else you can sense the change.

Open to your sense of hearing.

Notice the presence of any noises, specifically tuning in to their changing nature.

You may hear cars coming and going, your breath flowing in and out, birds chirping and stopping, or any other sounds as they rise and eventually fade away.

When a sound comes into your awareness, focus on it for a few moments before opening up to other sounds again.

Finally, use your sense of sight and see the movement in the world.

What can you see that is moving or changing?

There may be obvious movement, like cars driving, trees blowing in the wind, or people on the move.

You may also notice subtle signs of movement and change, like the browning leaves of autumn, clouds floating across the sky, or a pothole that has been growing.

After 10 minutes, return to the sensations of movement in the body.

Reground yourself for a few moments before returning to your day.

