

Breathing While Touching Your Fingers

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



Finger Breathing

This technique is excellent for grounding, centering, and calming the mind.

Incorporate this practice whenever you wish for a few moments of mindfulness.

You can be driving, sitting, standing, or walking.

Begin with the thumb at the base of the pinky finger on the same hand.

With the inhale, gently move the thumb up to the tip of the pinky.

Pause briefly between the inhale and the exhale, and softly press the tips of the thumb and pinky together.

With the exhale, move the thumb gently back down the finger.

Continue this practice with the other fingers.

When you reach the index finger, move back down to the pinky.

You can do this as many times as you like. Use one hand or both hands, or alternate.

As you move through the fingers and breathe, rest your awareness on the synchronization of the breath and the movement in the hands.