

Breathing and Noting

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



Breathing and Noting

Breathing and Noting is a popular practice among students of mindfulness across the world.

Settle the body into a comfortable posture and allow the eyes to close.

Focus your awareness on the breath.

You can start with a counting exercise if you find it helpful.

Choosing one location in the body, use the simple terms in and out to note each inhale and exhale.

Continue for five minutes or more, until the mind begins to settle.

Staying with the inhale and exhale, bring your awareness to the body in general.

After the exhale, note one place in the body where you can feel a sensation.

For example, you may note the following:

“In, out, foot”; “In, out, chest”; and so on.

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After five minutes, incorporate the sensation of hearing.

Continue to note the inhalation and exhalation; then note a feeling in the body or a sound.

Next, open up to the thinking mind.

As you have been doing, continue resting with the breath.

As you breathe out, open up to any thoughts, feelings in the body, and sounds.

Finally, include feeling tones.

You now are resting with the breath and noting any bodily sensations, noises, thoughts, and feeling tones after each exhale.

