

# Bringing Yourself into the Present Moment

## 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



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Let's honor our breath now, and how it brings us in the present moment....

Take 5 significant and purposeful breaths....

1 fully inhale.... expanding your belly and chest as much as you can.

Holding it for a moment...

And exhale.... feeling a wave of relaxation sweep over you...

2 inhale.... filling your entire breathing system with fresh oxygen.

Hold it...

And exhale.... the wave of relaxation gently sweeping over you...

3 inhale.... so that you are brimming with air.

Holding it..... soaking in oxygen...

And exhale.... your body relaxes in different areas, without any effort...

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4 fully inhale.... feeling these breaths purifying your entire body...

Exhaling.... just notice how you are feeling..

And 5.... a beautiful breath coming in....hold it, feeling invigorated from oxygen...

And exhale.... allowing relaxation to sweep over you...

Take note of how you feel at this very moment.

You now have an abundance of oxygen.

This is how we are created to feel.

Breathing deeply and fully is an expression of self-compassion.

Let your breath be natural, and notice how abundance feels.

Good.

Begin noticing now how the very top of your head feels.

Let your focus move to your eyes.

Noticing how your eyes feel, asking them to relax.

Any small eye movements you notice allow for you to feel calm.

Notice how the back of your head feels against the surface that it is touching.

How heavy does your head feel right now?

Let your focus move to your nose, feeling the slight sensations of the air moving in and out with your breath. (pause)

Now focus on your ears and how they feel.

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Try to hear every single noise around you.

When sounds come, they act as little waves of relaxation, taking you even deeper.

Notice the sound of my voice and how it soothing it is.

From here forward you can only hear my voice guiding you.

All other sounds passing through only take you deeper into relaxation.

Now focus on your mouth, how does it feel?

And what do you notice?

Very Good.

Moving your focus down your neck and shoulders....and if there is any tension along the way just ask it to release.

Slowly take your attention down each arm, down all the way to each fingertip.

Feel the sensations of touch on your fingertips....

Nice.

Bring awareness to your chest, and also your upper back, relaxing these places.

If there is any tension, just ask it nicely to release.

Now imagine focusing on your heart, and feel it beating strongly, supporting you.

Relax your heart, noticing how good it feels to do so.

Experience the sensations in your lungs.

Feel them gently expanding and contracting with your breath, delivering oxygen to your body.

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Moving through your vital organs and digestive system.

Just feel your belly and observe it digesting effortlessly.

Observe your lower back and how it's pressing against the surface you are on... if you feel any tension, release it.

Focus now on your pelvis and hips, feeling the sensations you are having here.

This takes you deeper into a state of relaxation.

Your awareness is moving down each leg, slowly relaxing them.

Your legs have been taking you so many places over the years...they deserve to fully relax.

This wonderful wave of relaxation moves down, all the way to your feet, and to the tips of your toes.

Good, you became aware of every part of your body, putting you completely in the present moment.

Being present with yourself allows for you to be present in your life.

