

Calming the Body

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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When the mind grows agitated, the body often follows suit.

Luckily, the relationship between mind and body is a two-way street.

As you calm the body, the mind will likewise relax.

It is a powerful way to encourage the body to relax, and anyone can do it.

Pick a position in which to do this exercise.

You can do this exercise sitting, standing, or lying down.

It can be done anywhere or anytime you need to calm down.

Allow the eyes to close.

Tune in to the sensation of breathing at the nostrils.

It may help to take some deep breaths to arrive into your present-time experience.

Begin with the left arm.

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As you breathe in, picture the arm filling with the energy of the breath.

As you breathe out, imagine pushing the breath energy out through your fingertips.

Tune in to the left arm as you do this, keeping both the physical body and the visualization in your awareness.

When the mind wanders off into thought, gently bring it back to the breath.

After two or three minutes, switch to the right arm.

Breathe in, filling the arm with the breath energy.

Exhale and release the energy through the right fingertips.

Continue with the right arm for a few minutes.

Now, shift your awareness to the torso.

Visualize filling the entire chest and abdomen with breath energy as you inhale.

Push the breath down, out through the bottom of the spine and tailbone, as you exhale.

After a few minutes, continue with each of the legs.

Start with the left leg for a couple of minutes, pushing the breath out through the foot.

Switch to the right leg, continuing the same practice for two or three more minutes.

At the end, try to bring it all together.

Breathe in and fill your entire body with the breath.

Imagine the body being filled with the energy of the breath from head to toe.

Exhaling, let the breath out through the fingertips, the base of the spine, and the feet.