

Concentrating on Breath, Sound and Sight

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



Cultivating Concentration

You can use breath counting to help build concentration in the mind for a short period of time.

Dedicating longer intervals to this practice can help you deepen your mindfulness practice (and it's useful in day-to-day life as well).

Starting with the counting of the breath, this exercise offers a few different ways to build concentration more deeply.

After you settle into your posture, begin with the practice of counting the breaths.

Focus the attention on the body breathing, and bring the mind back every time it wanders.

Practice like this for the first five minutes.

Let go of the counting, but stay with the breath.

Mindfully watch the breath with your full awareness, noticing if it becomes more difficult without the counting.

Continue for five minutes.

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Cultivating Concentration

Now, switch to the sensation of hearing.

Find a relatively stable noise in your environment.

It may be the sound of a nearby street, the humming of electricity or lights, or the subtle ringing in the ears.

Use your hearing as the object of your awareness.

When the mind wanders, come back to this sound.

After five minutes, open the eyes.

Find one object on which you can focus your attention.

Look at it with curiosity, noticing every detail of the object—

its outline, its color, its texture, and so on.

When other sights, sounds, or thoughts distract you, return to the object you have chosen.

Practice this for the final five minutes.

