

Emotion as the Object of Focus

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



Meditation - Emotion as the Object of Focus

Take a seat in a quiet place where you feel particularly safe

Sit tall with your spine long, your shoulders relaxed, and your belly soft

Close your eyes or gaze low at the floor

Maintain a level chin for a neutral spine

Breathe gently in and out through your nose

Turn your awareness towards the breath, and the movement of breath through the body itself

To help get grounded and settle further into your seat

As the mind gets quieter, notice if there are any emotions present

For today's meditation, we choose to work with one

Just one emotion

It could be anger, sadness, frustration, resentment, or disappointment

Or you could choose something positive, such as love, kindness, gratitude, or joy

But choose just one for today

And silently to yourself, create an intention

Your intention is to use your chosen emotion as the object of your focus

(pause 3 breaths)

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Meditation: Emotion as the Object of Focus

So let's turn now towards that emotion
See if you can locate it within your body
And wherever it is that you notice that emotion,
Hold your attention in that space

If the emotion moves, your attention follows

Present now with the emotion
Notice all you can
About the detail of the emotion's size, color, temperature, shape

As you explore the characteristics of this particular emotion,
Be very careful not to chase the object of the emotion, or the story,
Don't go looking for a reason, or a source

Simply stay present with the emotion itself.
It's felt sense
Out of your head, and present in the body

Present with the emotion itself, your object of focus

Anytime you notice that the mind has gone off chasing stories, or anywhere else..
Come back to the felt sense of the object of focus
Repeat this process of returning as many times as you need to

(pause 3-5 breaths)

Notice perhaps that the more you move towards the emotion,
The more difficult it is to find

It is changing, or moving, it becomes slippery

Like all things, this emotion is energy
It's always in motion, always part of a grand flow

By watching it and observing it
Versus grasping to it or identifying with it

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The emotion itself is given the freedom to morph, to move,
And even given the freedom to go

The emotion is not you,
It is energy in your body

You, are the witness, the watcher, the noticer
You are the ever-present awareness
The blank canvas across which emotions are painted
The sky across which emotions are the clouds
The stage across which the play of emotions comes and goes

You experience emotion
But you are not your emotions

Perhaps your object has wandered or waned
Perhaps the emotion is still felt strongly

Turn attention now away from the emotion,
And back towards the self that's the witness

Notice the space between the two
The emotion itself,
Awareness of the emotion.

Remember that you are awareness.
Infinite, spacious, and free.

Identify with that limitless awareness and you slowly open your eyes.

