

Experience Your Mind Like an Ocean

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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So, to reduce anxiety,
start by taking a moment to relax your body,
soften any unnecessary tension in your belly and shoulder,
and find a posture that feels both relaxed and alert,

Rest your hands
in an easy effortless way.

With your eyes open,
take a few moments
to scan your awareness
through the sensations of your body,
and wherever possible,
soften and release
obvious areas of physical tension.

Let your eyes stay open
and focus on the middle of the room
wherever you are.

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And then see how you can let your awareness travel across the room from where you're sitting.

If you're lying down, you can let your attention go upwards to the ceiling.

And then notice how you can let your attention come back to the center of the room.

And see if you can bring your attention closer, to about book-reading distance as if you're reading a book in your hands,

So clearly, you can determine where your attention goes.

And now you can let your eyes close and just let your attention go inward.

And gently focus on the sensations of the breath moving in and out of the body...

And you can let your attention go to wherever the breath comes most naturally to you.

For some people, it's the sensations of the air in the nostrils, with that gentle feeling coming in and out as the air passes in and out at the nostrils.

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For others,
they naturally feel the breath
in the chest,
with the rising and falling of the chest
with each half breath in and out.

And for most beginners,
people feel the breath most naturally
in the belly,
feeling the diaphragm underneath the lungs
pulling air into the lungs
expanding your belly
as you breath in..

and then when the air is released from the
lungs as you breathe out,
the belly actually moves inward,
sensing the abdominal movements
in and out.

So see if you can let your awareness ride
the wave of the breath
wherever you feel it most naturally,
your nostrils,
your chest,
your abdominal movement,
or for some people,
it's even just the whole body breathing.
Whatever comes naturally for you.
And let's just let your attention ride
the wave of your breathing.

As you're sensing your breath in and out,
you may also sense that your mind is as vast
as the ocean

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where deep in the ocean beneath the surface,
it's calm and clear.

And from that deep place in the ocean,
you can look upward toward the surface,
no matter what is going on in your life
no matter what those conditions are,
deep in the ocean,
it's calm and clear.

And just sensing your breath
allows you to access the depth and stillness of
your mind,
as vast as the ocean,
where from this deep, peaceful place,
you can look upward at the waves at the
surface,
the brain waves
that are the thoughts and emotions and
conditions of your mind.

Can you notice
all those fleeting thoughts and emotions
that are just there at the surface
that come and go pretty quickly
in and out of your awareness each day
like waves at the top of the ocean?

Sensing your breath ,
bringing you back to this peaceful place
feeling the profound depth
of your mind.

When a thought comes,
or a feeling, memory, or sensation,
then warmly and calming

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take note of that mental activity
and redirect your attention to the breath.

And then let your attention return to the breath,
to this depth of your mind
where you can just sense and observe
the activities of the mind as just activities ,
and not the totality of who you are.

See if you can let yourself enjoy the deep
tranquility that comes from just sensing the
breath, knowing that just focusing your mind
on your breathing brings you to this deep
place of calm and clarity.

And now when you're ready,
you can let your eyes open

May you bring this same quality of kind
awareness to the rest of your day
feeling relaxed in your body and mind

Thank you

