

Get Better at Feeling and Noticing

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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GUIDED MEDITATION ONLY

Please find a comfortable position
in your chair.

Sit upright
with your feet flat on the floor,
your arms and legs uncrossed,
and your hands resting in your lap,
palms up or down,
whichever is more comfortable.
Allow your eyes to close gently.

Take a few moments
to get in touch with the movement of your breath
and the sensations in the body.

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Bring your awareness to the physical sensations in your body,
especially to the sensations of touch or pressure
where your body makes contact with the chair or floor.

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Now slowly bring your attention
to the gentle rising and falling of your breath
in your chest and belly.

Like ocean waves coming in and out,
your breath is always there.

Notice its rhythm in your body.
Notice each breath.
Focus on each inhale and exhale.
Notice the changing patterns of sensations
in your belly
as you breathe in
and as you breathe out.
Take a few moments
to feel the physical sensations
as you breathe in and breathe out.

There is no need
to try to control your breathing
in any way.

Simply let the breath breathe itself.
As best you can,
also bring this attitude of generous allowing
and gentle acceptance
to the rest of your experience.

There is nothing to be fixed,
no particular state to be achieved.
As best you can,
simply allow your experience
to be your experience
without needing it to be other than
what it is.

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Sooner or later
your mind will wander away
from the breath to other concerns,
worries,
images,
bodily sensations,
planning,
or daydreams,
or it may just drift along.

This is what minds do
much of the time.
When you notice
that your mind has wandered,
gently congratulate yourself.

You have come back
and are once more aware of your experience.
You may want to acknowledge briefly
where your mind has been.
“Ah, there’s thinking”
or

“Oh, there is feeling.”
Then gently escort your attention
back to the sensation
of the breath coming in and going out.

As best you can,
bring a quality of kindness and compassion
to your awareness,
perhaps seeing the repeated wanderings of your mind
as opportunities to bring patience and gentle curiosity
to your experience.

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When you become aware
of bodily sensations and feelings,
tension,
other intense sensations
in a particular part of your body,
just notice them,
acknowledge their presence,
and see if you can make space for them.

Do not try to hold on to them
or make them go away.

See if you can open your heart
and make some room for the discomfort,
for the tension,
for the anxiety,
just allowing them to be there.

Is there enough space in you
to welcome all of your experience?

Watch the sensations change
from moment to moment.
Sometimes they grow stronger,
sometimes they stay the same,
and sometimes they grow weaker.
It does not matter.

Breathe calmly into and out from
the sensations of discomfort,
imagining the breath moving into and out from
that region of the body.

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Remember,
your intention is not
to make you feel better
but to get better at feeling,
and noticing.

Now stay with your experience
in this same way
for as long as you'd like
noticing the movements of the breath
with a gentle attitude
of intention
and care

