

Infinite Awareness

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 - Infinite Awareness

Find a comfortable seat in a chair or on a cushion

Sit with your spine tall and neutral, and your shoulders relaxed

Let your palms rest in your lap or on the thighs in a way that helps promote relaxation in the shoulders

With your eyes closed, or with your gaze low at the ground ahead of you

Breathe slowly and quietly in and out through your nose

Guide your attention to your breath

Let each exhale breath be at least as long as each breath in

Move towards a breath that reflects all the qualities you'd like to see in your mind

Patience, steadiness, spaciousness, ease.

Continue to focus on your breath with about 25% of the effort of your mind

Zero in on breath, but with an attention that's not too tight, not too loose, just right

(pause 3-5 breaths)

With another 25% of your mind, notice whether or not you are still paying attention to the breath

Each time you find that your mind has wandered,

Shift your focus back to the breath.

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So this second part of the mind acts as the noticer, the witness,
It too, not too active, not too dull, but just right.

It's the awareness that tells you when mindfulness has dropped.
It's the awareness that guides you back to mindfulness.

Continue in this way, watching breath, and noticing when your attention on the breath has waned.

Return to the breath as many times as you need to.

(pause 5-7 breaths)

Eventually, we notice that even the watcher needs a little part of the mind to watch it too.
So with a third part of your mind, notice whether or not you are still aware of your mindfulness on the breath.

Is the witness part of the mind doing it's job? There's a third part of the mind that notices that.

(pause 3-5 breaths)

And then what about the third part of the mind? Is it too, doing it's job?
There's a fourth part of the mind, further back,
That watches the watcher, who's watching the watcher, and so on....

And back and back and back it goes

Follow for a moment, this sensation of moving further back,
deeper into the origins of awareness.
Where is, or who is, the original witness?

(pause 3-5 breaths)

As the mind gets lost, or confused, or overwhelmed, just rest.

Rest in the spaciousness of awareness.
It is limitless. Without beginning. Without end.

That spacious, infinite, expansive awareness is you.

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Infinite in its ability to notice.
Infinite in its ability to see. To feel. To listen.

Keep resting in this sensation of spaciousness.
Open awareness. Just be.

(pause 3-5 breaths)

When you feel like the mind has gotten small again,
Closing in on one train of thought, one distraction,
Return the mind to the breath.

Repeat the process.
First part of the mind on breath.
Second part of the mind, witnessing the job of mindfulness on breath.
Third part of the mind, witnessing the witness.
Fourth part of the mind, witnessing the witness of the witness,
And so on....

Until you reach the felt sensation of open spaciousness again.

And there, you rest.
You remain.
(pause 3-5 breaths)

Spend as much time as you'd like in this state of infinite potential.
Limitless awareness. Limitless wide open space.

See if you can hold that sense of spaciousness
As you slowly open your eyes
And return to the space around you.

