

Noticing Movement Through Breath

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: Noticing Movement Through Breath

Sit up tall in a comfortable seat, with your spine neutral and your chest open

As you feel your shoulders shift and drop, let your shoulder blades support a subtle expansion of your chest

With your chin neutral, and the back of your neck long, close your eyes
Or gaze softly at the floor ahead of you

Breathe slowly and evenly in and out through your nose
And draw your attention to the breath

Let your breath reflect all the qualities you'd like to see in your mind
Gentle, spacious, patient, quiet, deep, easy, free

As you get more comfortable here, settling in to watching the breath
Perhaps the exhale breath begins to lengthen a little more
But no need to intentionally change the breath
Just be present with a comfortable breath

Notice the breath with a deep curiosity
As if you're noticing the most magical thing you will see all day

Noticing Movement Through Breath

Guided Meditation Script

Meditation: Noticing Movement Through Breath

At first perhaps counting breath
Or saying the words...inhale...exhale

But eventually, noticing the breath not with the thinking mind,
But with the body itself

Feeling the breath, the sensation of movement of air in and out through the nose
The sensation of the rise and fall of the chest
Notice the breath with the body itself

(pause 3-5 breaths)

Notice how even in the most quiet moments of breath
There is movement

No matter how subtle, there is always movement in and out through the nose
Always movement in the chest, or the shoulders, or the belly
The breath in a continual process of exchange
The body gently rising and falling with each breath

(pause 3-5 breaths)

And as you notice the breath and its movement,
Notice too, how there's always movement in the mind
As you sit here, with attention to the breath
The mind is still active, perhaps drawing you away

When you notice this, just calmly take note of it as movement
And shift attention back to the movement of the breath

The goal of meditation is not to stop this movement
But to notice it

The goal is not to stop the movement,
But to stop chasing the movement

Noticing Movement Through Breath

Guided Meditation Script

Meditation: Noticing Movement Through Breath

Once the intention of watching the breath has been set
We stay with the intention of watching the breath
Returning to awareness of breath as many times as we need to

With curiosity, with awe, with gratitude
Spaciously focused on breath
Accepting of movement

Accepting of the movement of the mind
But no longer attached to the movement of the mind

Present instead, with the movement of breath

(pause 3-5 breaths)

Present with the felt sense of breath in the body
Noticing the gently upward lift that accompanies each inhale
And the release of the shoulders and the softening, that accompanies each breath out.

Stay with the breath
Stay with the body

No longer fighting against activity in the mind

Recognizing movement of the mind as movement of energy
As natural as the movement of the breath

And right now, no more important than our awareness of breath

We can leave it,
We can let the mind move and play

Attaching to none of it
Pushing nothing away

Letting it all float on by

Noticing Movement Through Breath

Guided Meditation Script

Meditation: Noticing Movement Through Breath

Just as with breath, we don't hold on to the inhale, we don't force the exhale
We allow for the process

Breath comes in, breath goes out

It's movement, process, continuous

And we can rest here,
Just watching.
Letting it all be.

