

Ocean Mind

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



Ocean Mind

First just let your eyes being open
focus on the middle of the room where you are.

And then notice
how you can let your attention go
to the far wall away from where you're sitting.
If you're lying flat,
you can let your attention go to the ceiling.

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

And then your attention can come
to about book-reading distance
as if you're reading a book in your hands,
and you may notice
that you can determine where your attention goes.

And now if you'd like,
you can let your eyes go closed
and just let your attention go inward.

Ocean Mind

Guided Meditation Script

Ocean Mind

And we'll be focusing on
the sensations of the breath.

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,
the level of the nostrils
with that gentle feeling coming in and out
as the air passes in and out at the nostrils.

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

And still,
others feel the breath most naturally
at the level of the abdomen,
and that when the diaphragm
underneath the lungs is pulling down
and bringing air into the lungs
as you're breathing in,
the abdomen actually moves upward,
moves out,
and then when the air is released from the lungs
as you breathe out,
the abdomen actually moves inward,
sensing the abdominal movements in and out.

So let's take a few moments now
and just let your awareness ride
the wave of the breath
wherever you feel it most naturally,

Ocean Mind

Guided Meditation Script

Ocean Mind

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,
I'm going to tell you an ancient story
that's been passed through the generations
about the mind being like the ocean
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,
and at the surface,
no matter what the conditions are,
whether it's flat
or choppy
or even a full storm,
no matter what those conditions are,
deep in the ocean,
it's calm and clear.

And just sensing the breath allows you
to go to the depth of the ocean of your mind
where from this deep,
tranquil place,
you can look upward at the waves at the surface,
the brain waves that are the activities of your mind,
that from this deep place in your mind,

Ocean Mind

Guided Meditation Script

Ocean Mind

you can just notice the thinking or feeling or perceiving,
all those feelings that are just there at the surface
and notice them as being activities
that come and go in and out of awareness
like ripples on a pond.
And just sensing your breath brings you
back to this tranquil place in the depth of your mind.

So let's take a few moments right now
to just sense your breath,
and when an activity of the mind brings your attention to it,
like a thought,
a feeling,
a memory,
a sensation,
then lovingly and gently
you can take note of that mental activity
and redirect your attention to the breath.

For some people,
it's helpful to just make a gentle mental note,
so if there's a thought,
you can gently say in your mind thinking,
or if there's a sensation,
you can just say gently sensing.

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 that,
just activities
and not the totality of who you are.

So let's take the time now
and just sense your breath,

Ocean Mind

Guided Meditation Script

Ocean Mind

and when you come to notice
that your mind is no longer focusing on the breath,
lovingly and gently take note of that
and return your attention to your breathing.

Now in just a few moments,
we'll bring this exercise to a close,
and just 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,
and we'll continue talking about
first-person experience of mindful awareness.

