

Open Awareness for Thoughts and Senses

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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Let's begin by taking a moment to allow your body to settle into a comfortable position. You may close your eyes or keep them slightly open (2 seconds) allowing the spine to lift, the shoulders to soften (5 seconds).

Today we will practice open awareness (2 seconds).

As we've explored, the open awareness practice can give us the gift of being aware. Aware of things like our thoughts, and emotions, what's happening in our relationships, but without getting stuck or hung up on them, as we may usually do.

Open awareness practice helps us to have a gentle matter-of-factness saying to ourselves,

"Oh this is here, got it. How might I need this?"

So we'll begin by taking a full breath in and a long breath out (5 seconds).

Noticing the in breath (2 seconds), noticing the out breath (5 seconds).

Allow the breath to settle now and to find its own natural rhythm.

Letting the breath breathe itself.

Try not to interfere with the process and notice how the body moves in response to the breath.

The chest expands (2 seconds), it relaxes (2 seconds)

the belly rises (2 seconds) and falls (5 seconds).

Now gently expand your awareness to whatever is arising (2 seconds).

You may notice thoughts, sensations, sounds, all coming and going.

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All arising and passing away (5 seconds).

Try letting go of any ideas about you think this moment ought to be and just rest with an awareness of how things actually are for you in each moment (15 seconds).

Notice if you are aware of any changes in the body or the mind tensing up around your experience (2 seconds)

and in this noticing you can gently let go again without judgement.

Doing this as often as necessary

with a kind and gentle awareness (15 seconds).

Now if it feels safe for you to do so,

include any pain or discomfort in the body within your awareness (5 seconds).

Often you resist feelings of pain or discomfort.

Use the breath to help soften the discomfort (5 seconds)

and as you do, see if you notice any changes in the experience of that discomfort (15 seconds).

Now invite in pleasurable dimensions into your awareness (2 seconds).

They might be subtle

such as contact of clothing on the skin,

the felt sensation of the breath (2 seconds),

or maybe there is a cool breeze on your skin (2 seconds),

there is a warmth in your seat or perhaps in your hands (15 seconds).

With each breath, return to a simple clear awareness of what's here (2 seconds),

right now (15 seconds).

Now, as we near the end of this practice bringing your attention back again to focus on the breath (2 seconds),

letting awareness of other things fade into the background (5 seconds).

Finishing with a full deep breath in (2 seconds) and a long breath out (5 seconds)

ding (20 seconds).

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Integrated Practice:

Take a few minutes today to go for a walk with open awareness. While staying connected to your breath, see how many colors, shapes, sounds, smells and sensations you notice. If you can't be outside, try walking around your home or office with an emphasis on seeing things in a new way.

Reflection Questions:

How does this impact how you engage in your day?

