

Opening Your Awareness to Whatever is Arising

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. Find a comfortable position that allows your spine to be long but with a natural curve in the low back. You can close your eyes or keep them open with a soft gaze downward a few feet in front of you. Let the belly and shoulders relax (2 seconds).

Today I will guide you through an open awareness practice. Before we start, take a full breath in and a long breath out (3 seconds).

We'll work on opening our awareness to whatever arises; thoughts, sensations, feelings, and sounds will come and go. Cultivate open awareness by practicing meeting whatever comes, trying not to focus on or place more or less weight on any one thing. As you breath in (2 seconds) and breath out (15 seconds). If you feel yourself following a stinky thought or feeling, labeling it can be helpful. Labels can include simple words like thinking, work, or excitement (10 seconds).

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Whenever you realize you have gotten caught up in thinking, just come back to rest in the simple clear awareness of what's here now (15 seconds). Lets finish this open awareness practice by taking a full breath in and a long breath out (4 seconds)

ding (20 seconds).

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:

Was there anything that surprised you on your walk?

What impact might taking an open awareness approach have on your work?