

# Pleasant vs Unpleasant

## 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



### Accompanying Meditation (Pleasant vs Unpleasant)

Find a comfortable seat. This may be on a cushion on the floor, with the hips higher than the knees, or on a chair, with both feet flat on the ground.

However you are sitting, hold the spine upright in a tall, neutral position.

Take a moment to inhale your shoulders up to your ears, and then with a sigh out, release the shoulders down and back.

Soften your belly, soften your thighs, and let your sitz bones drop into your seat a little more.

Notice what's speaking to you right now, and what needs to adjust.

Adjust if you need to, allow the body to settle in and get quiet.

Once you're settled, close your eyes, close your lips, and breathe slowly and quietly in and out through your nose.

Follow the awareness of your breath inward, toward your body.

Notice your presence right here and right now,

Nothing to do other than to notice the breath and the body itself.

Let that thought help you settle in further, with greater patience.

(little pause here)

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### Accompanying Meditation (Pleasant vs Unpleasant)

In this quiet and stillness, guide your attention to your feet.

Open to sensation in the feet. Your toes, instep, arches, heels and ankles.

What do you notice?

Is it pleasant? Unpleasant? Neutral?

And if you notice nothing, take note of that too.

Is the absence of sensation in the feet pleasant, unpleasant, or neutral?

Whatever arises, lend it a quick label, and then we move on.

Notice sensation in the lower legs.

Pleasant, unpleasant, or neutral sensation in the calves, shins, or knees.

And then the upper legs.

Neutral, pleasant or unpleasant in the thighs, hamstrings, sits bones, and pelvis.

Whether you notice one sensation or many, or none at all, lend it the quick label, and then we move on.

Bring your attention to your belly, your waist, your low back.

Your ribs, your mid-back, your chest.

In what ways is the body speaking to you?

And what is the quality of what it has to say?

Pleasant, unpleasant, neither?

Listening now to the upper back, the shoulders, and all the way down into the upper arms, the elbows, lower arms, wrists and hands.

Pleasant, unpleasant or neutral?

What do you notice in the neck, the throat, your chin, jaw, mouth and nose, eyes and ears, the whole head?

Pleasant, unpleasant or neutral?

(pause)

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Having scanned through the whole body, choose now the one place in which you sense the body speaking to you the loudest.

Maybe there are several areas asking for your attention, but choose one.

Settle your attention on that one area, or that one sensation.

Is it pleasant, unpleasant, or neutral?

Stay here and explore.

Move towards the sensation with curiosity. Turn further inward. Towards its source.

Is the source of the sensation in your body? Or in the mind?

Is it moving? Is it changing? Can you pin it down?

If it's moving, what's moving? The physical sensation, or your awareness of it?

Can you separate into parts, the sensation, your awareness of the sensation, and the label you've given of neutral, unpleasant, or pleasant?

Remain with awareness in this spot right here, for five more slow steady cycles of breath.

(pause, time for five breaths)

Notice the space between the physical sensation and your awareness of it.

Notice the space between your awareness of the sensation, and the label.  
Pleasant, unpleasant or neutral.

(pause)

As you remain right here, noticing what's arising in this one spot, is it changing?

What is different?

Nothing? Everything?

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Is it better or worse? Any change to pleasant or unpleasant?

There are no right or wrong answers, your experience is your own.

Stay for five more slow, steady cycles of breath.

Five breaths in, and five breaths out.

(pause/time for five breaths)

Release the focus on this one spot. Come back to awareness of the breath, and the body as a whole.

Notice your presence here, seated, nothing to do but be still in your body, with your breath.

The body, the breath, even here in this stillness, in flux, in motion,  
The body breathing itself. The breath moving the body.

All of it changing. All of it with equal potential to inspire awe.  
All of it with equal potential to feel pleasant.

