

Settling Your Mind by Picturing Your Body as a Bowl

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: The Pelvis Bowl

There are many ways you can settle the mind down when it becomes active.

You may use it as a stand-alone practice, to return to the body during the day, or at the beginning of a meditation period to help yourself settle.

Allow the eyes to close, and sit with the spine as straight as possible.

Use the breath to encourage a gentle awareness.

With the inhalation, reach the spine upward.

With the exhalation, let go.

Let the shoulders drop, relax the jaw, and soften the belly.

After a minute or two of breathing like this, turn your attention to the pelvis and hips.

Picture this part of the body as a bowl.

As you exhale, allow all of the body's energy to slowly fall into the bowl.

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The Pelvis Bowl

Feel the stability of the bowl sitting on the chair or cushion, and let the body relax into this bowl.

Continue with your awareness on the pelvis, allowing the body to really relax.

You can think of the body like a snow globe.

After the snow globe has been shaken, it takes time and patience to let each snowflake settle.

As you sit, allow the body to relax and settle with a patient awareness.

With each exhale, allow the body to soften.

