

Sleep Appreciation

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



Sleep Appreciation Meditation

Hello and welcome to this meditation. This session is best listened to just before bedtime when you are able to fully rest. Make sure that you're in a quiet dimly lit room where you can safely relax, taking a few moments to become as comfortable as possible, covering your body with a blanket, adjusting your pillows, doing whatever you need to do to let your body know that it's bedtime. As you settle in, allow your eyes to close and your breath is slow, slowing the mind down too.

Now, let's slow the body inviting it to rest. Beginning to breathe a bit more deeply as you feel the weight of your body on your bed. Telling your head to sink deeper into your pillow now. And making sure that your mouth is gently parted and that your forehead is smooth and relaxed. It's time to rest.

Tell your back to soften now. Sinking deeply into your cushions. It's time to rest. If your body starts to shift or reposition at any point in this meditation, that's okay. It's natural. Allow yourself to make adjustments as needed to ensure you're comfortable and relaxed.

Now, it's time to drift. Drifting away from anything going on outside of your body. Drifting away from any sounds outside of this session. Drifting away from your surroundings. And drifting away from your stream of consciousness as you feel yourself diving deeply into the subconscious mind. If you begin to feel yourself drifting into sleep before this session has ended, that's okay. Follow this urge. You are here to sink into gratitude as you slip into slumber.

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Now, feel your body rising floating in the void of sleep. Floating above your bed, above your home, seeing your entire life from another point of view. What does your life look like from here? What do you see? Perhaps you notice that your problems seem very far away from this high and you begin to feel far removed from the little concerns of everyday life. Notice the aspects of your life that often go unnoticed. Taking in the big picture. Consider how everything works together perfectly. Your body mind and spirit working together striving for a happy and fulfilled life. You know that you can reach this fulfillment by simply accepting gratitude.

Imagine waving your arms over your life now, wiping the slate clean. Clearing away any grudges and stagnant areas. Take a deep breath in and release. Creating a new appreciation for everyone and everything in your life. Grateful for all of the people who are part of your experiences and memories. Expressing appreciation for every aspect of this beautiful life. Appreciation for every breath in your lungs. And every beat of your heart. And of course, grateful for this chance to rest.

Simply drift now. Allowing your body and mind to go into any direction they would like to. Drifting over your life and playing the role of gentle observer watching without judgment or negativity. Simply observing with an open heart.

Feel yourself drifting into sleep. Letting go of any visuals in your mind's eye. Releasing thought allowing the mind to rest. Allowing your breath to flow easily, effortlessly.

Coming back into your body once more. Feeling your cushions beneath you. Feeling the air against your skin. Feeling safe and secure in your room. Comfortable here in your bed. Completely relaxed and ready to sleep now. Grateful for your mind. Grateful for your body. Grateful for this opportunity to rest.

