

Importance of Daily Practice

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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In this exercise,
I will remind you that the fruits of mindfulness practice
Are well worth the hard work and disciplined effort
That it takes over the coming weeks

Please keep in mind that the power of mindfulness develops with disciplined practice

... That means that you may feel bored,
Tired,
And even annoyed many times
as you listen to the same guided meditations and mindfulness exercises,
over and over again
day by day and month after month

you don't have to like the mindfulness practices,
you just have to do them.

Remember, mindfulness isn't about liking the present moment.
It's not about feeling good, or pleasant, or comfortable.
It means paying attention to your experience without judgment

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This means that you may experience doubt that mindfulness even works.
 This is normal and understandable.
 The mind typically reacts to uncomfortable practices that take discipline
 With a sense of agitation, annoyance, or aversion.

sometimes the practices that people have the most resistance to
 turn out to be the most effective and powerful for them.
 so boredom, impatience or frustration need not be a problem at all.

they're just passing mind-states
 that come and go,
 like any and all mind-states,
 such as anxiety or sadness or joy or gratitude.

So every time you listen to these exercises,
 Whether you're at the doctors office, at home,
 Or out on a walk,
 you may find that you are hearing new things,
 things you think you've never heard before,
 even though obviously they've been here from the beginning.

If something you hear during these teachings
 Or mindfulness practices
 Catches your ear,
 Please try to listen to it again
 To make sure that you absorb it into your heart,
 Into your bones,
 Reinforcing the teachings or concepts
 So that you integrate them into your daily life,
 Improving the chances of ENJOYING the practice more
 Because you feel the benefits outweigh the hard work and effort
 To be present
 In times of pain

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since you yourself are never quite the same from one day to the next,
what you hear and understand may not be either.
all these practices are different doors into the same room:
awareness itself.

