

Two Minutes of Mindful Breathing (Ext.)

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



2 Minutes of Mindful Breathing (Extended)

“Let's begin by taking a moment to allow your body to settle in a comfortable position. You can close your eyes or look downward just to limit visual distractions. See if you can soften around any areas of physical tightness or tension. Maybe that means dropping your shoulders, wiggling your fingers, loosening your jaw, softening the muscles around the eyes, and relaxing the belly.

Noticing where your body touches the ground or the chair. What does it feel like to have your body on the ground, the weight of gravity pulling you down to whatever you're touching? We're simply grounding our energy throughout our body, bringing awareness to simply what it feels like to be living in this body right now ... feeling the points of contact, just noticing any energies within the body and inviting a sense of ease and relaxation.

And so today's primary practice will be mindfulness of breathing, simply bringing awareness to what it feels like physically to be breathing, without judging anything to be good or bad, right or wrong, simply being curious about what it feels like to be inhaling, exhaling, and to have that pause in between the exhale and the inhale.

So with a soft belly and an open mind I invite you to inhale through the nose, and exhale through the mouth, noticing the pause in between the exhale, and then noticing the beginning of next inhale, and exhale, just relaxing the body.

Two Minutes of Mindful Breathing (Ext.)

Guided Meditation Script

2 Minutes of Mindful Breathing (Extended)

Inhaling through the nose and exhaling through the mouth.

Inhaling through the nose and exhaling through the mouth.

Breathing with a sense of ease, following its natural rhythm, noticing the air as it moves through the nostrils ... feeling the air as it goes out through the mouth ... noticing what it feels like to have the air moved through the nostrils ... and the mouth.

You might notice the belly rising and falling with each inhale and each exhale, breathing with a sense of ease and curiosity ... sensing into each breath ... feeling the movements, the temperatures ... staying with the sensations in each moment, the sense of kindness and ease ... breathing in and out, feeling it without judging anything to be good or bad, right or wrong.

Staying with this for as long as you'd like.”

