

What is Open Awareness?

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



Open-Awareness Meditation

This is a traditional mindfulness meditation, similar to what most people think of when they hear the word meditation.

Using mindfulness of the senses, feeling tones, and your overall experience in the present moment, this is a practice in true open awareness.

It is the cornerstone of mindfulness practice for many meditators across the world.

Open-Awareness Meditation is a combination of some of the shorter, more focused exercises earlier in this section.

Throughout the exercise, rest in openness, receiving whatever arises into your experience.

Start with a brief body scan.

Moving from head to toe, rest your attention on each part of the body with mindfulness.

After completing the body scan, open your awareness to the sensations in the body—tension, pain, softness, the desire to fidget, or maybe an emotion or feeling.

What arises and grabs your attention?

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Open-Awareness Meditation

Mindfully observe the body for five minutes.

Open your practice to the experience of hearing.

When a sound comes into your awareness, acknowledge that you are hearing.

Sit for five minutes with patience, noticing any bodily sensations or sounds present.

Continue to open, this time including the thinking mind.

You may see thoughts, emotional experiences, or general mental states.

Whatever is present, note that you are having an experience of the mind.

Finally, add in the practice of noting feeling tone

Cultivate an intention to receive and remain open.

Recognize whatever is present in your awareness and how it feels.

If the mind is reacting to any part of your experience, make that reaction a part of your practice.

As you complete this meditation and move into daily life, try to sustain some of this awareness.

