

Being Mindful and Present with Negative Emotions

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'll share how mindfulness can help you become however you WANT to be,
Rather than simply reacting to the stressors of work, news and responsibilities.

By now,
you're probably feeling a little more comfortable with mindfulness practice,
And you may also feel the potential of what mindfulness can do for you.

For example,
What would it be like if you weren't worried about work or your mortgage?
Or feeling overwhelmed all the time ?
or feeling tired from all of your chores?

What if, instead of feeling overwhelmed, bored or stressed,
you were able to step back
and say, oh, okay.
That's overwhelm.
Or, oh, okay, that's worry.
Okay, that's just stress.
I got this.

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RATHER THAN saying: I AM stressed.
RATHER THAN feeling as though you're in the middle of it all,
Instead just recognizing that okay,
that's a thought or that's a feeling.

For some of you, that may sound weird, or crazy woo-woo,
and you may well think
"Yeah, but you don't know MY crazy situation".

And you're right. I don't.

But remember,
It's really important to see
that this practice of mindfulness takes time for change to happen,
but change does happen.

For people who are successful at what they do,
it's a habit of a lifetime
.. Or at least a habit of a good few years.

We're not just talking about doing better at work,
Or feeling less stressed.
This is about living on your own terms.
This is about choosing how awake and present you want to be for the life you're living right now.
This is about enhancing your presence, your wisdom, your compassion,
And your effect on the world inside of you and outside of you
To the absolute best of your ability.

How do you want to be when you're older?
Mindful.

Every time you realize you're distracted
and you're taking the time to acknowledge it,
something is changing
not only in thoughts and consciousness
but also in the brain itself.

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If you experience stress, overwhelm or anxiety a lot, then it will be really uncomfortable and you'll probably want to get as far away from it as possible and that's understandable, but it's also really important to acknowledge that you can't stop anxiety. Everyone's tried it. It doesn't work.

What you CAN do, is develop a different type of relationship to it, where you eventually feel at ease with it, and potentially can even start to embrace it as a way of further understanding the mind.

So as you move through your day today, remember that idea of being aware, simply being aware, being present for the sensations in your body.

Whenever you remember to do this, it's quite an amazing thing because all of a sudden you're actually present. Again, it's as though you cut the negative feedback loop.

You step out of the loop of thinking, which fuels the emotions of stress and overwhelm, and instead you're actually present with your body and what you're doing.

On the one hand, it's a very ordinary feeling, and yet on the other hand it's an extraordinary feeling because we experience it so rarely: just remembering to be present, simply being aware.

Excellent. Well done.

So, to recap:

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Everyone's tried it.
It doesn't work.

What you CAN do,
is develop a different type of relationship to it,
where you eventually feel at ease with it,
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as a way of further understanding the mind.

So as you move through your day today,
remember that idea of being aware,
simply being aware,
being present for the sensations in your body.

I hope some of this has been useful for you.
Thank you for your mindfulness!

