

Mindfulness of the Present Moment Without Any Goals

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



Mindfulness of the Present Moment Without Any Goals

In this exercise

I will share why it's important to not fixate on outcomes,
But rather to stay present for whatever is happening,
Even if it's not what we want or like.

mindfulness is not about having some special experience,
whether it be of greater calmness, or relaxation, deep insight,
or even moments of freedom from pain,
all those may or may not be part of your experience in any given moment,

In all likelihood you will have many moments of profound calm,
of greater well-being and insight,
and probably much less discomfort and suffering,
Assuming that you stick with the practice
With a sense of ardency and commitment.

But in the next moment, as we have seen and will see even more,
whatever you are experiencing is likely to change.

Mindfulness of the Present Moment Without Any Goals

Guided Meditation Script

Mindfulness of the Present Moment Without Any Goals

so as paradoxical as it may sound,
the practice of mindfulness for pain relief is not about seeking
or being attached to a particular outcome
or mental-state,
or body state,
however much we might desire it.

and that goes even for pain relief,
the power of mindfulness lies precisely in NOT being attached to any outcome,
even as you naturally and understandably desire one,

By bringing awareness to how you actually feel
In this moment,
In a visceral, physical way,
Without memories or hopes getting in the way,
You will begin to master the art of how to open to,
see clearly, and befriend what is actually unfolding in this moment, as it is,
Thereby allowing the natural alleviation of pain and suffering
To happen as efficiently as it can.

what is most important for both your future well-being
and your present well-being is that,
as they say, you just do it,
and as best you can, you rest in awareness,
without expecting or trying to force any outcome or good feeling.

over time, your familiarity with a deep inner territory,
Of the myriad sensations in your body,
Including the movements,
Temperatures, and densities,
will grow in ways that many people
with all sorts of stress and pain conditions and chronic diseases
have found to be illuminating, restorative, and freeing.

Mindfulness of the Present Moment Without Any Goals

Guided Meditation Script

Mindfulness of the Present Moment Without Any Goals

not just for a moment here or there,
but extending out over days, months, years and even decades.
a new way of being in your body,
a new way of engaging with
and loving
life

Well done.

I hope that exercise offers a glimpse
Of what mindfulness can offer
Over the long term.

So, to recap:

Mindfulness is not about having some special experience,
whether it be of greater calmness, or relaxation, deep insight,
or even moments of freedom from pain,
all those may or may not be part of your experience in any given moment,

The practice of mindfulness for pain relief is not about seeking
or being attached to a particular outcome

or mental-state,
or body state,
however much we might desire it.

By bringing awareness to how you actually feel
In this moment,
In a visceral, physical way,
Without memories or hopes getting in the way,
You will begin to master the art of how to open to,
see clearly, and befriend what is actually unfolding in this moment, as it is,

Mindfulness of the Present Moment Without Any Goals

Guided Meditation Script

Mindfulness of the Present Moment Without Any Goals

Thereby allowing the natural alleviation of pain and suffering
To happen as efficiently as it can.

Thank you for your mindfulness.

