

# When Your Mind Wanders

## 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



## When Your Mind Wanders

In this exercise

I will explain what to do

When your mind wanders,

And how to think of intense sensations

In a way that doesn't fuel judgment, aversion, or other unhelpful thoughts.

As you practice these mindfulness exercises,  
are you finding that they always help your mind settle  
and become calm like a still pool?

Or did you discover  
that thoughts sometimes rampage across your mind like a wild bull?

Virtually everyone's mind wanders while trying to bring mindfulness  
To their breath, body, thoughts, or pain.

This is entirely normal.

It's what minds do.

The moment that you become aware that your mind has wandered,  
that's actually a moment of mindfulness.

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### When Your Mind Wanders

If your mind keeps getting distracted by intense pain,  
Try thinking of them merely as “sensations” - pure and simple  
and rest in awareness of them,  
you may see that these thoughts about the sensations can actually make things worse

then in recognizing them as thoughts  
and just letting them be without pushing them away or pursuing them  
you are putting out the welcome mat for the sensations themselves  
simply because they were already here anyway

why not just acknowledge them for now?  
realizing that the part of you that is aware of the sensations,  
is not itself in pain  
or moved by these thoughts and feelings at all.

it knows them directly,  
underneath all conceptual labels  
and descriptions and stories

so please,  
see if you can just be aware of whatever thoughts and emotions arise  
as you continue to sit here or lie here  
in touch with the breath in your body  
moment by moment

It's a sign that you're moving away from the autopilot  
toward a more intentional, choiceful state of mind,  
one that allows you to see the world more clearly  
and helps you to respond more effectively.

With practice,  
these moments of awareness become more frequent  
and join together in a flow of awareness

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### When Your Mind Wanders

Well done.

So, to recap:

If your mind keeps getting distracted by intense pain,  
Try thinking of them merely as “sensations” - pure and simple  
and rest in awareness of them,  
you may see that these thoughts about the sensations can actually make things worse

realize that the part of you that is aware of the sensations,  
is not itself in pain

The practice is simple:  
be aware of whatever thoughts and emotions arise  
as you continue to sit here or lie here  
in touch with the breath in your body  
moment by moment

I hope that this has helped you!

Thank you for your mindfulness.

