

Noticing Your Helpers

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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Sit comfortably in a quiet place where you can be free from distractions
 Whether you're on a chair or the floor, sit tall with a neutral spine
 Close your eyes, and breathe in and out through your nose
 Take a few cycles of breath to settle into your seat,
 And to settle the energy of your mind

(pause 3-5 breaths)

And then now that you've arrived,
 Invite in your helpers.

Bring to mind anyone who has ever helped you in your life
 And you remember each one, invite them to sit in the sky ahead of you,
 And see them there, looking down and smiling upon where you are
 right here, and right now

Remember all the way back to your mother and father perhaps
 Or your family, those who helped raise you
 Recall who it was who taught you the most basic survival skills in life
 Who taught you eat, how to brush your teeth, how to tie your shoes

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Recall all the traditional teachers and helpers in your life
 Remembering who taught you how to read
 How to critically think
 Who taught you how to ask questions, or wonder

And then also invite in those who occupy non-traditional roles
 Someone you know who helped you by simply being an example, or a listener,
 Or someone who was an inspiration

And then maybe there have been helpers in your life who appeared in challenging ways,
 Forceful, even wrathful perhaps
 And if you'd like to, invite them too,
 to sit up there with the others, smiling down upon you

Invite in anyone else who deserves a place of honor
 Anyone whose life has changed the course of yours.
 Anyone who has contributed to who you are.

And once they are up there, feel their presence
 See them, smiling upon you, proud of you, loving you
 Feel their support and their love and their care for you

Visualize that love and support and care as rays of light, shining down on you
 Allow it to seep into you body
 And feel its warmth

Feel the warmth of that light both within you, and like a blanket surrounding you
 Allow for your body to be held by all that love and kindness

And recognize where it is that you are
 Here, meditating
 Continuing to grow
 Continuing to learn
 Walking the path of self improvement

Recognize how precious and how special and how rare that is
 And recognize how each one of your helpers has somehow contributed
 To your arrival right here in this place and time

(pause 3 breaths)

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As you feel their warmth shining down on you
Remember that you are never alone
And that these helpers, in some sense, are always with you

Feel their warmth in your heart in particular,
And generate a deep sense of gratitude for each of your helpers
Of all the light that's shining down upon you,
Of all the light that's seeping into your body, and your heart
Send some of that light back out to your helpers
From your heart to theirs

If and when you're ready to close your meditation
In your own words, thank your helpers

As you thank them, send them light from your heart
Smiling back upon them, as they smile down at you

And then visualize each and every one of your helpers
And all the light surrounding them
Dissolving into one bright shining ball of gold
A globe of pure light, vibrant and glowing

Feel that light slowly descend from the sky above you
To the center of your heart

Feel its warmth, the warmth of your countless helpers within you
Stay connected to that warmth as you slowly open your eyes

And remember all your helpers, and that light within you heart
As you move about your day

