

Noting Without Identifying

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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To reduce anxiety,
start by taking a moment to relax your body..
soften any unnecessary tension in your belly and shoulder,
and find a posture that feels both relaxed and alert,

Now close your eyes
or look downwards
and rest your hands
in an easy effortless way.

Take a few moments
to scan your awareness
through the sensations of your body,
and wherever possible,
soften and release
obvious areas of physical tension.

Scanning down from the head through the neck,
Shoulders, arms, body, torso, legs, and feet...

Aware of sensations...
emotions...
and intentions...

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and bring your attention to the sensations of breathing now,
stay with that rising and falling sensation in your belly...

and as you continue to follow the breath,
remember that you're not thinking of the breath
in terms of "my" breath
or "I'm" breathing,
but simply noticing whether each breath
is long or short, deep or shallow.

As you follow the sensations of your breathing,
at any time when your mind wanders,
just noting it as a wandering mind,
identifying the emotion if you can,
and not spending lots of time thinking about it..
and then just gently come back to the breath again....

And now allow your mind to be completely free
before you bring your attention
back into the space around you.

And gently
open your eyes now,

You can appreciate that feeling of having stopped
and taken a bit of time out for yourself.

Try to carry the theme of today's exercise
into your everyday life
and your everyday activities,
noticing how often this over-identification with thoughts arises,
and the effect that it has
in your mind and body.

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Whenever you get overly worried, anxious, or concerned about something, just take a look at the type of thinking which is going on in the mind, and you can pretty much guarantee that there will be quite a strong sense of “I feel a certain way” or “this is my type of reaction”.

There’s probably a definite identification with the sensation. Whenever possible, just let go of that. So you can let go of that over-identification by noticing, by just gently labeling what it is, remembering that it’s something separate from yourself, and then just return to bringing mindfulness back to your breath or body.

