

Notice and Accept Your Body in the Present Moment

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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We will do a brief body scan that is helpful for anxiety, depression, insomnia and pain.

The body scan is a mindfulness practice that will allow you some time to be in your body fully and to get to know how it's feeling right now with your attention and awareness.

It offers a time to learn to effectively sit with body sensations, like discomfort and tension.

The focus of this practice is not to try to change anything about our experience.

Remember, there is no right way to feel in the moment.

The key to this practice is actually to simply notice and accept whatever is present in the current moment.

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As we go through this practice,
I'm going to guide you
to focus on various areas of the body
noticing whatever arises.

If you realize you've become distracted
or your mind wanders off,
simply tune back into the sound of my voice
and pick up with the practice.

You can begin this practice
by finding a comfortable position
either sitting or lying down.

You might find that
if you lie down while doing this practice
that you become tired and sleepy.

The goal of this practice is
to try to stay present and awake in your experience,

so if you do find that you become drowsy,
it might be best to find a comfortable sitting position.

But what's most important is
that you feel comfortable.

So take a moment
and find a comfortable position,
and allow your body to come to stillness.

When you're ready,
gently close your eyes.
Take a moment
to feel your body as a whole.

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Bring attention to the fact
that you're breathing in this body.

Allow yourself to experience your breath
in and out.

Not trying to change or deepen it in any way,
simply notice it.

Try following the full cycle of your breath,
the in breath,
the out breath.

Relax into this natural rhythm and flow of your breath,
and allow it to bring you more deeply into this moment.

On your next out breath,
I'd like you to direct your attention and the breath
down through your body,
through your left leg to the toes of your left foot
simply noticing any sensations that might arise,
noticing the space between your toes,
noticing any feelings of tension or tingling,
perhaps noticing the temperature.

Expand your awareness
through your foot and to your ankle,
noticing the point of contact at the bottom of your foot,
the surface and the structure of your foot and ankle.

And now rest your complete attention on your lower leg,
again simply becoming aware of
all of the sensations,
just noticing.

No need to change anything about
what you experience.

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And now through your knee
and the underside of your knee,
expand your attention
to include your thigh and up through your hip,
again noticing any sensations,
perhaps tingling,
achiness,
tension.

Perhaps you're noticing
a sensation of relaxation.

Whatever sensation you experience in this moment,
attend deeply to it and allow it to be.

And now breath into
the toes of your right foot,
again allowing your attention to rest lightly,
simply noticing the point of contact,
perhaps the muscles,
the tendons...

Bring your attention to your right shin and calf,
the whole lower leg,
up through your right knee,
right thigh,
and up through your hip,
perhaps noticing any achiness
or tension,
tingling,
paying attention to the temperature.

As you attend deeply to your body,
you may notice sensations
that feel strong or uncomfortable.

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Allow yourself to be open with this experience
and to breathe into the feeling of discomfort,
simply noticing and allowing
whatever you experience in this moment.

Notice through your waist and your abdomen
any tension or holding,
simply bringing your awareness to this area.

And now move up your body
to focus on your lower back,
noticing the position of your spine,
the muscles along your spine,
noting the sensation of your rib-cage
as it rises and falls as you breathe.

And now bring your attention to your chest.

Are you aware of the sensation of your lungs expanding and contracting?
Or perhaps the beating of your heart?

Focus your attention on your collarbones and your shoulders,
continue down your right arm through the elbow,
the wrist,
your fingertips,
the spaces between your fingers.

And now come to the left side of your body
from your shoulder down through your left arm,
elbow,
wrist,
fingertips,
bring attention and awareness
to whatever sensations you're experiencing in this moment.

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And now focus your attention on your neck,
your jaw,
your face,
and the crown of your head.

Take this moment now
to feel the body as a whole
from the crown of your head
down to the tips of your toes,
scanning for any sensation
that might pull your attention,
trying to open to that sensation.

And now as you sit with the experience of your body as a whole,
bring your attention to your breathing,
simply noticing your breathing body,
awake,
tuned in,
relaxing into this rhythm and flow of your breath
as it allows you to sit deeply in this moment.

And now as this practice comes to a close,
take the moment to acknowledge
the time you spent intentionally nourishing your body
by resting in this awareness.

Congratulate yourself
for the energy and the effort
it took to stay aware
and form an intention
to continue to practice this
in your everyday life
and a wish that the benefits of this practice
can flow into your experience of your everyday life.

When you're ready,
you can take a nice deep breath
and open your eyes.