

Immersing Your Awareness into the Breath

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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So, 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.

We begin the practice of coming back
by establishing our home base.

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While there are many possible anchors to hold our attention, such as sound or sensations throughout the body, the most common and the one we'll explore here is the breath.

Please breathe naturally and simply notice where the breath is easiest to detect and where the breath also feels pleasant or at least neutral....

So you might pay attention to how the breath feels as it flows in and out of your nose...

you might feel the touch of your breath around your nostrils or on your upper lip, or perhaps you feel the movement of your chest

or the rising and falling of your abdomen, or perhaps you feel your whole body like a balloon expanding with the in breath, deflating with the out breath....

So just take some moments to bring your attention to the sensations of breathing in one of these areas, a relaxed attentiveness....

There's no need to control the breath. Rather, sense you're receiving the breath much like you'd listen to sound.

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With a relaxed awareness,
discover what the breath is really like
as a changing experience of sensations.

This life breath is your home base,
a place to rest and be aware.

So in these next moments,
simply relax as the breath comes in...
notice what it's like,
and relax with the exhale,
let go
and again notice
the immediate experience of sensations.

Notice where your attention is...
You might find that
your mind has drifted off into thoughts.
This is completely natural.

The mind is conditioned
to move off into thinking about the future,
the past.

When you become aware of thinking,
you might use a soft and friendly mental note.
Just say thinking,
thinking,
and then pause and simply re-relax.

Just open the attention again
aware of the sounds around you,
re-relaxing your body,
feeling the aliveness in the body.
Relax your the sensations around your heart,
releasing any unnecessary tension.

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Without any judgment,
just allow yourself to gently return again
to the inflow and outflow of the breath.

Let the breath be an intimate friend,
a home base that reconnects
you with your own presence.

As you resettle with the breath,
you might notice other experiences,
the background sounds perhaps of a passing car,
wind,
a bird.

You might feel sensations
of warmth or coolness.

Whatever's in the background,
can be there
without drawing you away.

Just continue to rest with the breath,
to relax with the breath,
with the intention of noticing when you can,
when you drift off into thought.

If you discover that the mind has drifted again,
simply pause,
re-relax,
open the attention.

Without any judgment,
gently come back into this moment.

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Just remember:
the thoughts are not the enemy.
You don't have to
clear your mind of thoughts.

Rather,
you're developing the capacity
to recognize when thoughts are happening
without getting lost in the storyline.

Each time you notice that you've drifted
or noticed you've gotten lost,
it's an opportunity to strengthen your muscle
of remembering of again arriving here now,
gently coming back
into living presence.

As you notice the mind getting quieter,
you might sense the peace that arises
when you relax even more
and immerse your entire awareness
into the inflow and outflow of the breath.

Breathing in,
know that you're breathing in....
Breathing out,
know that you're breathing out....

Be aware of the beginnings and endings of each breath
fully here,
awake,
at home,
in presence.

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You can practice this mindfulness exercise of coming back informally as a way of quieting and collecting your mind at any time of the day.

Simply bring a full yet gentle attention to the breath, relax with the in breath, relax with the out breath, sense into the body, and then continue on with your activities.

