

Noting, Thinking or Feeling

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 with the noting practice,
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
down through the body,
From your head to your toes...
And try to feel the sensations of your body as you breathe.

If you get distracted in any way,
Try to note thoughts that distract you
as "THINKING",

Or physical sensation that distract you
as "FEELING"

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See if you can actually note any strong distractions without getting too caught up in thinking about it.

If a troublesome emotion arises,

See if you can note it.

It might be anger.

It might be sadness.

It might be worry.

So noting it as

ANGER

SADNESS

Or WORRY

Just be clear about what it is,

Note it gently

and then come back to the sensations of your breath.

Don't worry too much if you find it difficult to identify your distraction from the breath.

If it's not immediately clear,

then just leave it, note it as THINKING,

Your basic default,

and come back to the breath again,

continuing in that way now

for a little while...

...

and now let your mind be free now

and just gently open your eyes whenever you're ready

How do you feel?

Was there a sense of anxiety about noting your thoughts or sensations?

If not, congratulations!

If so, then next time,

Try not to worry if it's not clear really what the emotion is.

The last thing you want to do is get involved in lots of thought

"Yeah, it could be anxiety,

but actually,

maybe it feels like a bit of sadness there."

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That's not the place you want to go to.

If it's immediately obvious, like it's a strong level of frustration, it's, "Oh, okay, that's what it is," and come back to the breath.

You're not thinking about it.

You're not analyzing it.

You're not judging it.

You're actually ACKNOWLEDGING that they're there,

Almost with a tinge of acceptance,

Because it's already there.

There is nothing wrong with experiencing those things.

That's part of being human.

There's no need to be overly critical or judgmental of them.

It's enough just to note it

As THINKING or FEELING,

Depending on whether it's a thought or sensation,

and then to come back to the breath,

again and again,

feeling less and less anxious,

in the mind,

and in the body.

Wonderful

Great work

Thank you for your mindfulness practice!

