

5 Minutes to Regain Calm, Clarity and Confidence

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



5-Minute Breathing Space

This is a 5-minute “breathing space” practice that you can use anytime, anywhere to regain calm, clarity and confidence.

To begin,
become physically still,
wherever you are,
either lying,
sitting,
or standing.

Choose a posture
where you’ll be as comfortable
as possible,
and lightly close your eyes.

Bring your awareness to
whatever is going on for you
right now.

Give the weight of your body
up to gravity.

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5-Minute Breathing Space

Allow your weight to sink into
the points of contact
between your body and the floor,
the chair,
or bed.

What sensations are there right now?

If you notice any tension
or resistance
towards painful
or unpleasant sensations,
gently turn towards them.

Accept them
as best you can.

If you begin to tense around the breath,
then let go a little bit more with each
outbreath.

Soften into gravity.

Notice any thoughts
as they arise and pass through the mind.

See if you can let them come and go
without being to identify
with their content.

Observe them
as if they were clouds in the sky.

Notice any feelings and emotions
as they arise.

Can you let these come and go?

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5-Minute Breathing Space

Include everything
within your awareness with a kindly
perspective.

Now,
allow your awareness
to gather around the experience of the breath
deep in the body.

Drop your awareness
inside the breath,
and feel the different sensations in the front,
back,
and sides of the torso.

Can you feel your awareness
within the flow and movement of the breath?

Use the breath
to anchor your awareness in the present
moment
breathing in the body,
noticing each inhale
and exhale
again,
and again.

Each time you notice your mind has
wandered,
gently guide the mind back to the breath
deep in the body.

Now,
gently expand your awareness
to include the whole body.

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5-Minute Breathing Space

Feel the weight
and shape
of the body
as it sits,
stands,
or lies.

If you've got any pain
or discomfort,
make sure your awareness
stays open.

Cultivate acceptance or acknowledgment
for all of your experience.

Befriend it.

Use the breath
to anchor your awareness in the present
moment
breathing in the body,
noticing each inhale
and exhale
again, and again.

