

Four Stages of Meditation

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



Guided Meditation Script - The Four Stages of Meditation

Sit comfortably in a quiet, safe place
 Balance a tall, upright posture with a sense of relaxation
 Let your shoulders release, and your belly soften

Breathe quietly in and out through your nose
 And let yourself quietly rejoice in the fact that you are here
 Seated, present, you've begun this sacred process
 Of watching your breath

Rejoice in the fact that of all the things you could be doing
 You have chosen to prioritize
 This moment of quiet, this moment of stillness
 This moment of peace

Overcoming laziness is the first stage of meditation

Recognize the strength of your resolve
 To stay the path of mindfulness
 To practice daily

And then set an intention, to remain present with breath

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Watch the breath as it moves in and out through your nose
Feel the breath as it moves down past your shoulders,
Into your chest

Feel how the movement of the body
Is intricately tied to the breath
And remain present here, present with breath

(pause 3 breaths)

Of course the mind will wander
As soon as you notice the mind has wandered,
Remember the instructions

Remember your intention,
To remain present with breath

Again and again,
As many times as you need to
Notice the wandering mind
And come back to the breath

Remember the instructions is the second stage of mediation

(pause 3 breaths)

And in your noticing,
Notice the quality of your attention
If the mind has become dull, or heavy, or sleepy
Apply the antidote.

Sit up taller, lift the gaze, or focus on the breath in

But stay balanced, aware, continuously refine
The quality of your attention

(pause 3 breaths)

And if you notice the mind has become restless, impatient or anxious
Apply the antidote

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Lower your gaze, spend a little longer with each breath out,
Tighten your attention to the breath

Stay balanced, continuously aware
Of the quality of your attention

(pause 3 breaths)

Applying the antidote is the third stage of meditation

Again and again and again
As many times as you need to
Come back to the breath

Come back to the breath
With a balanced quality of attention

Not too tight, not too loose
Just right

(pause 3 breaths)

Aware of the breath
And aware too, of awareness
Correcting as needed

Aware of the breath
And aware too,
Sometime no correction is needed

Be willing to let go of correcting
When things feel just right

Not too tight
Not too loose
Aware of the breath
Aware that it's ok to stop adjusting
When the practice feels just right

Resting in practiced ease is the fourth stage of meditation

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(pause 3 breaths)

Stay with the breath

Stay with this ease

Enjoy the results of your effort

