

Mindful Body

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



The Mindful Body

During mindfulness practice—especially when you're just starting out—the body can grow anxious, restless, or agitated.

To help with this, you can learn to respond to those sensations with compassion and gentleness.

In this practice, you will work to offer kindness and compassion to the body.

You can use this method of calming the body during periods of mindfulness practice, at various moments in your daily life, or whenever you notice difficulties arising.

Allow the eyes to gently close, and make any adjustments to the body that feel helpful.

As you breathe in, reach the spine up. With the exhalation, relax the muscles.

Take a few deep breaths like this to arrive in the body, invite in energy, and encourage relaxation.

Rest in awareness of the body for a few moments.

You can use the practice of observing points of contact or scanning the body to help yourself settle.

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Don't force the mind to do anything.

Relax into present time awareness.

Connect with your intention to be calm and at ease.

Although there may be tension, anxiety, or discomfort in the body, recognize your own natural wish for the body to be comfortable.

Begin offering a few phrases of loving-kindness to the body.

These phrases serve as a way of connecting with our own intentions to care for the body.

Try saying them slowly, connecting with the words and their meanings.

You may try offering a phrase with each exhale.

With the intention of cultivating care, offer these phrases:

May my body be at ease.

May my body be healthy.

May I be at ease with the body.

Tune in to specific parts of the body that grab your attention.

Whatever body part comes up, offer a few phrases of loving-kindness.

Open your awareness to any part of the body that is experiencing difficulty or pain.

Recognizing the discomfort, offer a few phrases of compassion.

Compassion is simply attending to pain with a tender and open heart.

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Try using these phrases:

May my [body part] be free from discomfort.

May I care about this discomfort.

May I be present for this discomfort.

After a few moments of resting with the discomfort in the body part, open the awareness again.

Where else are you feeling discomfort?

Offer phrases of compassion again here.

Continue with this practice as many times as necessary.

