

MINDFULNESS MEDITATION SCRIPT

Before you enter into this mindfulness practice, find yourself in a comfortable seated position. If you are choosing to sit in a chair, uncross your legs and place both feet on the floor. Gently move your body as needed to increase your comfort level. Once you settle in, take a deep breath and long exhale closing your eyes. If you prefer you may assume a soft gaze.

Relaxing into this moment, feel gravity's pull as the weight of your body makes contact with the ground below you. Draw in another deep breath and exhale with a whispered "ahhh" exhaling deeply as you drop into this moment. Repeat this breath one more time. Inhale. Long exhale. (Breathe with them)

Should you notice any bodily sensations, simply take note. You might even say "hello" body, I'm here with you. Be with your body. It has served you well and it's time to give your full attention to your body. There is nowhere to go. There is nothing to do. Just be with your body. Noticing what you notice and then letting it go.

(Remain quiet for 30 seconds)

Now, as you fully deepen into today's practice, begin by following your breath. Each inhale and exhale. There is no need to change anything. You are following the natural rhythm of your breath. Be with the rising and falling of your belly.

If it feels right, place one hand on your belly to feel the rise and fall of your breath. Feel the air pass through your nostrils. In and out. In and out.

Be with your breath.

We'll stay here for about a minute. Following your breath as in comes and goes. And if you find yourself elsewhere, just return to your breath.

(Remain quiet for 60 seconds)

Good. Good.

Now, bring your attention to your feet. Imagining that your feet have grown deep roots into the earth beneath you. Sense into the feeling of having a strong foundation and deep connection to the earth.

Imagine those roots lengthening as your body further relaxes and any unwanted energy or thoughts gently drain through these roots. If your mind begins to wander, bring your focus back to the flow of your breath.

(Remain quiet for 30 seconds)

From here move your attention from your feet to your calves. Scanning from your toes up to your thighs. Notice what you notice. Sensations. Images. Thoughts. Feelings.

Whatever you experience is perfect in this moment. And if you don't notice anything, that too is perfect. Just be with the lower half of your body.

(Remain quiet for 30 seconds)

Moving along now to your torso, center your attention on your belly. Your gut provides valuable information to you on a daily basis. Information that flows into your brain, whether you are aware of it or not. Placing your hand on your gut, notice what you notice. Be with your gut in this moment. If anything arises a sensation, an image, a voice... just be with it. Again, there is nothing your need to do here right now.

(Remain quiet for 30 seconds)

Giving your belly a gentle embrace, shift your focus to the core of your heart. If it helps, move your hand over your heart. Allowing your heart to beat in its natural rhythm, you might again find an image or sensation arise.

Listen within. Listen deeply. Be with whatever arises. And if your mind wanders, bring your attention back to the flow of your breath.

(Remain quiet for 15 seconds)

Now, shift your focus to the crown of your head as you open your focus to the spaciousness of the sky above. A sky that is unlimited is potential and endless in possibilities. Just like you. Taking in a gentle breath and exhale. Notice what you notice. Feeling the peacefulness around you.

(Remain quiet for 10 seconds)

As you complete your time here, gently open your eyes and begin to connect with your surroundings. Pausing for a few moments take inventory on how you feel. If you made any discoveries during our meditation you are welcome to share. Any images, voices, sensations, thoughts or feelings that you feel comfortable expressing. When you are ready.