

Guide Meditation Scripts

Instructions

Here are the scripts for the 3 guided meditations we suggest you use during your meditation sessions: relaxation, concentration, and mindfulness. This combination will help meditators develop mental discipline, and their observation skills. They will help them observe the true nature of reality, so they can find freedom from their suffering.

These scripts are meant to guide the meditators through the mindfulness meditation process. While there is room for variety regarding the script and duration of each meditation, I would recommend that you make concentration and mindfulness the core of your meditation sessions. These are essential for achieving inner peace and serenity.

Each segment is about 10 minutes long, for a total of 30 minutes of meditation. Feel free to increase the duration and/or use less guidance, as members become familiar with the process. Once meditators learn this process, they will no longer need guidance, and should do the meditations in silence.

Please remember to read the meditations slowly and mindfully, and to pause for a few seconds between verses. This will give meditators a chance to assimilate the words.

Relaxation Meditation Script

This short relaxation meditation will help you calm your body and mind. Begin by giving yourself permission to take this time for yourself. For the next few minutes, it's OK to let go of all other concerns.

This is your personal time to reconnect with your inner source of mindfulness energy, and replenish your spiritual strength.

What we're aiming for in this meditation is a relaxed alertness, and not sleep, so it'll be easier to concentrate with fewer distractions. Let's begin.

Gently close your eyes, and begin observing your breath. Notice the expansion and contraction of your lungs.

Breathing in, I know I am breathing in.

Breathing out, I know I am breathing out.

Breathing in, I know my personal time is important.

Breathing out, I feel my worries slip away.

Notice how your breathing is slowing down, and how your thinking slows down right along with it.

Now, bring your attention to your body. As you become aware of each body part, don't visualize them, rather experience them and simply allow them to relax.

Gently bring your attention to eyes and forehead. Notice if there is any tension there. As you exhale, simply allow them to relax.

Next, bring your attention to your face and jaw. As you inhale, feel the healing power of the breath. As you exhale, feel the muscles relax.

Now move your awareness to your neck and shoulders. Notice how they carry the weight of all your burdens. With each in-breath, feel yourself becoming stronger spiritually and emotionally. With each out-breath, feel yourself gently letting go of all that weight.

As you become aware of your arms, chest, and back, feel them relax with each out-breath. Feel the tension just melt away.

Now move your attention to your thighs, and feel them relax with each breath, right along with the rest of your body.

As you bring your awareness to your calves and feet, feel them relax and extend your appreciation for all the work they do for you every day.

Breathing in, I feel the air nourishing my body.

Breathing out, I feel my body relaxing.

Breathing in, I feel the energy of mindfulness nourishing my mind.

Breathing out, I dwell deeply in the present moment.

Concentration Meditation Script

Now, we're going to practice concentration. We will use the counting technique to help us keep our mind anchored on the object of our meditation – the breath.

Focus your attention on the sensation of the air passing through the tip of your nose. Begin counting each breath silently in your mind, 1 thru 5. When you get to 5, simply start over again. You can count either on the in-breath, or on the out-breath. Do whichever is most comfortable for you.

When a stray thought interrupts your concentration, simply ignore it and bring your attention back to your breath. Remember, you're concentrating only on your breathing, and nothing else.

Each time you hear the sound of the bell, let it remind you to come back to your breath.

Gentle Bell: 1 minute pause.

Gentle Bell: 1 minute pause.

If your mind has strayed, bring your attention back to the air passing through the tip of your nose, and continue counting.

Gentle Bell: 2 minute pause.

Gentle Bell: 2 minute pause.

Mindfulness Meditation Script

Now, we're going to practice mindfulness. Instead of forcing our attention on the breath, we're simply going to observe it gently.

We will also treat distractions differently. When a distraction arises, be aware that it is there, but don't indulge in it. Then gently bring your attention back to your breath.

You can stop counting now, but keep your attention on your breath. Notice how your lungs expand with each in-breath, and contract with each out-breath.

Let your breathing become relaxed and natural. As your body relaxes, notice how you take each breath in one graceful motion.

Breathing in, I feel the air nourishing my body.

Breathing out, I feel my body relaxing.

Breathing in, I feel the energy of mindfulness nourishing my mind.

Breathing out, I dwell deeply in the present moment.

When a distraction arises, observe it mindfully as it comes into being, then gently watch it slip away without clinging to it. Then bring your awareness back to your breathing.

As you hear each sound of the bell, let it remind you to bring your awareness back to your breathing.

1 Gentle Bell: 1 minute pause.

1 Gentle Bell: 1 minute pause.

1 Gentle Bell: 2 minute pause.

1 Gentle Bell: 2 minute pause.

Notice how you are now alert, calm, and refreshed. As you slowly bring your awareness back to your surroundings, know that you are capable of great inner strength and stillness.

Breathing in, I feel calm and refreshed.

Breathing out, I know I am alive and strong.

As you hear the 3 sounds of the bell, gently open your eyes and bring your attention back to the room.

3 gentle bells

Feel free to stretch your arm, legs, and shoulders.