

# Mindfulness Meditation Script

*By One Mind Dharma*

Find a comfortable position in which to sit for this period. As you allow your eyes to gently close, tune into the body and make any minor adjustments. It can be helpful to remember our intentions of both ease and awareness. Sit in a way that feels comfortable but alert.

We'll begin this practice with a body scan, going through the body and bringing our awareness to the physical sensations we are experiencing.

You can start by tuning into the crown of the head. Gently bring your awareness to the top of the head, tuning into whatever you are experiencing. There's no right or wrong; just tune into whatever is physically present.

Drop down into the forehead and into the brow, again tuning into whatever is present. You may notice how the air feels on the skin, any tension or scrunching of the brow, or perhaps some feeling of relaxation. Whatever is present, simply be with it and tune in.

Continue into the eyes, where you may notice some movement even with eyes closed.

Move into the tip of the nose, the nostrils, and the upper lip. Here you may feel the body breathing. Just be with the inhale and exhale without judgement.

Drop into the mouth, tuning into the jaw, the lips, and the tongue. You may notice the moisture, how the tongue is resting, any tension or slack in the jaw, or whatever it is that is present.

Drop down into the neck and throat, noticing any tension or any movement of the body with the breath. Remember, there is nothing you should be experiencing; there is no right or wrong. Just tune into the direct physical experience. Let go of the judgements and thoughts, and return to the actual physical body.

You can move out the tops of the shoulders and into shoulder blades, perhaps noticing any movement with the breath or the sensation of the clothes on the body.

Dropping down into the upper arms and elbows, again just tune into whatever is directly present in your experience.

Continue down into the forearms and wrists, perhaps noticing any points of contact. Maybe your arms are resting in your lap or on the arms of the chair, and just notice how that feels.

And moving into the hands, go over the palms, the fingers, and the back of the hand. Notice any points of contact where the hands may be touching each other or resting in the lap. You may

notice that the temperature of the air feels different on the back of the hand than it does on the palm.

Come back up into the chest and rest here for a moment, tuning in to the body breathing. You can notice the rising and falling, the expansion and contraction, the natural movement of the body breathing itself.

*(Allow a few moments to sit with the breath in the chest)*

As you drop down into the abdomen and stomach, again you may notice the sensations of the body breathing. Rest your awareness with the body and just stick with whatever sensations arise.

Drop down into the hips, the pelvis, and the butt. You can probably feel the point of contact where your body meets the chair or cushion, and taking a moment to feel these sensations.

Move on into the thighs and knees, noticing any points of contact, any tensions, the clothes on the body, and anything else present in your direct experience.

Drop into the calves, shins, and ankles, seeing what's present for you. Perhaps there is some ease, or some jittery or anxious feeling in the legs. Whatever is present, be with it.

Finally, move into the feet, going over the heel, the arch, the ball of the foot, the toes, and the top of the foot. Tune into the points of contact where the feet are touching the ground or tucked up underneath you.

Take a moment here at the end to tune into the whole body together, from head to toe. You may be able to feel the breath energy as it moves through the body. You can get a sense of the entire outline or posture of the body as it rests here.

*(Allow for a few deep breaths like this.)*

We'll begin opening up our awareness beginning with the body. As you rest here in this present-time experience, see what sensations come to your attention. You can note in your head where in your body the experience is happening. As something comes up, tune into it for a moment and open the awareness back up to the body to see what else arises.

Continue like this, investigating each experience for a moment and then returning to this open awareness of what's arising

*(Allow for some silence here for as long as you see fit)*

You can continue to open up your awareness to include any sounds that are arising in your experience. Maybe they're sounds within the room or sounds outside. Whatever comes up, just notice that it's there and what it's like to be hearing it. You can note inside your head that you're hearing, and open the awareness back up.

When the mind wanders, you can always return to the body breathing for a few moments before opening the awareness back up. Continue to receive whatever arises in the body and in the field of hearing

*(Allow for some silence here for as long as you see fit)*

You can continue opening up your awareness, adding in the sense-doors of smelling, tasting, and seeing. Even with eyes closed, you may notice some visuals. Perhaps you can smell or taste something as well.

There's no right or wrong here. Tune into whatever arises with an attitude of receiving. Your job is simply to observe your experience and know what is happening. Be with your present-time experience as it is.

*(Allow for some silence here for as long as you see fit)*

You can add in the final sense-door of thought. When the mind begins thinking, simply notice that it's thinking. Whether a single thought arises or you find yourself lost, note that the mind is thinking and open your awareness back up.

Continue with this mindfulness practice of resting in an open awareness, noticing whatever comes up for you. You can ask yourself, "What is going on in my experience in this moment?"

*(Allow for some silence here for as long as you see fit)*

*(Ring bell).*