

Guided Meditation Script - Being Still

Find a quiet place in which to take a comfortable seat
Sit up tall and close your eyes
Breathe patiently and fully, yet gently and quietly
In and out through your nose

Give yourself permission to do nothing
Give yourself permission to embrace this moment of stillness
In which there's nothing at all that needs to be done
Other than staying here, relatively still, watching the breath

As you watch breath with an easy, relaxed, spacious mind
Place some small amount of attention on what else the mind or the body is feeling
Notice your own discomfort in simply being present, doing nothing
Notice if the mind would rather run off towards the future, a to-do list, or planning
Notice if the mind would rather busy itself with reviewing the past, or thinking

And each time you notice, acknowledge the pull of movement, of distraction
And then with the loving patience of a compassionate elder
Give your mind permission to rest

Help the mind settle, be at peace, be still
By guiding towards awareness of body and breath

Without thinking of breath
Present with breath

Without thinking of body
Present with body

Feel into breath and body
As you let the mind rest back
Allow for the mind to feel spacious
Open and at ease

Allow the mind to drop into the joy,
The bliss of no longer needing to do
The bliss of simply being

The not doing includes
No longer fighting against the movement of the mind

Or the rising thoughts

Allow this too, to simply be
Chase nothing
Distraction will arise
But there's nothing to do

Notice, acknowledge, and love

And you'll find yourself again
In the spaciousness of presence with the body
And with the breath

Feel into the preciousness of this moment
This relative quiet
Relative stillness

Recognize it's beauty with your whole body
The freedom in resting back
The spaciousness in stillness

Give yourself permission to stay right here
For as long as you'd like

There's nowhere to go
Nothing to do
Nothing more sacred or more worthy than this

Just watching, noticing
Being present
With your body and your breath

Give yourself permission to be still