

# Meditation Script - Contentment

Take a comfortable seat in a quiet place where you can be free from distractions  
Sit up tall, keep your chin level, and release your shoulders  
Soften your belly, and soften your thighs  
Let your hips rest heavily on your seat  
Close your eyes, or gaze softly at the ground ahead of you

With your mouth closed, but your jaw relaxed,  
Breathe in and out through your nose

Find a breath that is patient, gentle, and steady  
Let each breath out be just as long as each breath in

As you focus in on the breath, turn the corners of your mouth upwards into a slight smile  
And generate a deep sense of contentment for the breath  
Breathe in and out with a loving awareness  
Grateful for each life-giving inhale, and each precious exhale

Let this sense of gratitude permeate your whole body  
You could perhaps visualize it as a warm feeling, or a light  
Still aware of the breath, but with a full body gratitude for breath

Grateful for breath as it moves in and out through your nose  
Grateful for breath as you feel your chest expanding, and your belly releasing  
Grateful for breath as you sense the whole body riding the wave of each breath

(pause for 3 breaths)

Let this whole body gratitude help hold your focus, your attention on the breath  
Cherishing each patient breath in  
Present with each miraculous breath out

Watch the breath as it's the most beautiful thing you've ever seen

(pause for 3 breaths)

And if the mind becomes distracted, which it will  
Anytime you notice you've wandered from your focus on breath,  
Say silently to yourself, "I am content with the breath"  
And return your focus to your breathing

Spend no time judging your distracted mind  
Spend no time lingering or asking why or where you went  
Just come straight back to this feeling of gratitude  
Back to an understanding that the only thing you need right now, is to pay attention to the breath

“I am content with the breath”  
There’s nowhere else you need to be  
Nothing else you need to do  
All is perfect in this one moment,  
As you return to breath awareness.

(pause 3 breaths)

“I am content with the breath”  
Use this phrase as your mantra as many times as you need to  
Anytime you need a reminder, that all you need right here, right now,  
Is to be present with your breath.

Soak in a feeling of deep acceptance  
The mind ok, just as it is  
The body ok, just as it is  
The breath ok, just as it is  
“I am content with the breath”

(pause 3 breaths)

Maintain the slight smile  
The release of the shoulders  
Soften further, and surrender into this one moment.  
Everything as it should be  
Exactly where you need to be, today, at this time, in this place  
Where you need to be along the path  
“I am content with the breath”

(pause 3 breaths)

Each time the mind gets pulled away  
Find again in the body, a sense of peace  
A sense of stillness  
A sense that there’s nowhere else the mind needs to be  
Accept right here, right now, watching breath  
Use your mantra, “I am content with the breath”

(pause 3 breaths)

As you become more familiar with a deep sense of contentment  
Recognize that contentment as your true nature  
Understand that this gratitude, and this acceptance,  
Is who you truly are  
"I am content with the breath"

Accept that you can connect to deep satisfaction,  
Happiness,  
Contentment,  
peace and bliss  
All the time, in any place, no matter what

Accept that any time you need to,  
You can connect with your true nature  
Just by connecting to your breath  
This miraculous single breath in,  
This marvelous one breath out

Repeating your mantra whenever you need to  
"I am content with the breath"