

# Guided Meditation Script - Impermanence

Sit comfortably in a quiet place, free from distractions

With your eyes closed, gently focus your attention on the breath

With each exhale breath, feel your hips, thighs, and feet settle into your seat a bit more

With each inhale breath, feel a slight lengthening of your spine, a lift through the crown of your head

Notice into the movement of the breath, and the subtle movement of the body

Each supporting the other in holding you upright, yet grounded

You are relatively still, but there is always movement present

Always change. Always process.

Always an ebb and flow.

Notice the continual presence of change in your breath, and in your body

(pause 3 breaths)

And now silently say to yourself, "my death is certain"

As you speak the words, remain aware of your breath and your body

Notice any change, tightness, tension,

And use exhale breath to release it and let it go

Just as the breath rises and falls

Every single thing in this world comes into existence, stays for a while, and then dissipates again

You are not exempt from this natural order of things

This natural ebb and flow

You are part of this cycle

And you too, will someday no longer be here

As you contemplate this, stay present with body and breath

Stay tall, but relaxed

At ease in your shoulders, your belly, your hips

(pause 3 breaths)

And now silently say to yourself, "the time of my death is uncertain"

As you speak these words, notice any changes in your body, or a response through the breath

Take care to continue breathing patiently, fully

Take care to allow the body to soften

We cannot know the future  
Anything can happen at any moment  
And our lives are so fragile, and precious

As if with a flash of lightning, this one life could end at any moment  
As you contemplate that reality,  
Note what's happening in your body, and with your breath

Choose ease, and a sense of freedom  
To control is futile, so we choose instead to go with the flow  
In this moment, recognize the flow of the breath itself  
And generate a deep deep gratitude for the fact that you are here, healthy and well

You cannot know when it will all disappear  
So rejoice, for this opportunity, this one breath

(pause 3 breaths)

And then say silently to yourself,  
"the only thing that can help me at the time of my death will be my own mind"  
And just notice, is there a reaction in the body, or in the breath?

Recall that no matter how many friends you have,  
no matter how many people love you,  
no matter the family gathered around,  
None of these people can go with you at the time of your death  
When it's time, you will leave this world on your own

Recall that no matter how many things you have accumulated  
No matter how much money you have in the bank  
No matter how much you've surrounded yourself with the comforts of this world,  
None of it can go with you, when it's time for you to leave this world

The only thing that can help you in that moment will be your stability of mind  
Your clarity of mind. Your ability to be present, patient, self-compassionate and wise.

Sit with those thoughts, notice how it feels in your body  
And allow it to develop within you, a bit of a sense of urgency

(pause 3 breaths)

The opportunity you have to work on strengthening your mind  
Is nowhere other than right here, right now

The opportunity you have to live a meaningful life  
Is nowhere other than right here, right now

The opportunity you have to be kind, to make amends, to give thanks, to be present,  
Is nowhere other than right here, right now

(pause 3 breaths)

Contemplate how it is that you would live each day  
If you truly believed, with your whole body,  
That each breath could possibly be your last

(pause 3 breaths)

Contemplate the effort that you would place on mindfulness, meditation, and your mind  
If you truly believed, with your whole body  
That only your mind could save you at the moment of your death

(pause 3 breaths)

And finally, recognize that you are doing exactly what you should be doing  
Right now, right here

Rejoice in this time you've spent meditating  
Rejoice in importance you've given to mindfulness  
Rejoice in this opportunity, this moment, this breath.