

# Guided Meditation Script - Mindfulness of Speech

Sit comfortably in a quiet place where you can be free from distractions  
Sit up tall by comfortably grounding your hips and then lengthening your spine  
Allow spaciousness in your chest by slightly shifting your shoulders down and back  
Let your arms relax with your palms resting easily in your lap

Breathe quietly in and out through your nose  
With your eyes closed, notice your breath

Take a moment to settle in, as you feel the breath moving from your nostrils  
Up towards the crown of your head  
And then down past your throat  
Past your chest, and down into your belly  
Maintain an easy and relaxed breath

(pause 3 breaths)

Now draw awareness to your throat  
Visualize a warm and glowing red or blue light at the throat chakra  
The throat chakra is located behind your Adam's apple and in front of your spine  
Or wherever you feel a tiny knot of energy in the throat area  
Picture this light here as alive, pulsing, and vibrating  
A red or blue orb of energy, or like a horizontal disc made of light

And then hold awareness in this area,  
As you make your way through the following commitments and contemplations

Begin by silently to yourself, "I commit to always telling the truth"  
Contemplate what that means to you,  
All the while, aware of sensation in your body, and in the throat.  
Notice what arises, as you promise to be truthful  
Notice if there's resistance or tightness in the body, is there any closing off?  
And notice too if there's a feeling of lightness, opening, spaciousness  
"I commit to always telling the truth"

(pause 3-5 breaths)

And now say silently to yourself,

“I commit to using my words to bring people together, and I will refrain from divisive speech”

Contemplate what that means to you,

What it means to speak in ways that connect, rather than divide

Notice the vibration of energy at your throat

And notice any sensation that arises in your body

Stay free from any stories related to this commitment, and free from judging yourself or others

Just notice what happens when you say, “I commit to refraining from divisive speech. I will use my words to bring people together.”

(pause 3-5 breaths)

And say silently to yourself, “I commit to speaking kindly and gently, never yelling or using my words to hurt others”

Contemplate what that means to you,

As you deepen awareness of the red or blue light at your throat

Reflect upon your tone of voice, the volume of your voice, the tempo of your voice

And notice what arises in your body as you say silently,

“I commit to speaking gently. Never using my words to hurt myself or others”

(pause 3-5 breaths)

Say silently to yourself,

“I commit to only speaking when necessary, and I will refrain from idle chatter”

Contemplate what this means to you,

In what ways do you speak unnecessarily?

In what ways do you speak simply to fill silence, to avoid something, or to serve your ego

Hold awareness of the body as a whole, and especially the throat chakra

As you contemplate this commitment

“I will speak meaningfully, and I will avoid useless speech”

(pause 3-5 breaths)

And now feel back into the area of your throat

The orb or disk of red or blue light

Feel its warmth, its aliveness, its energy

See it pulsing and vibrating with every cycle of breath, or with every heartbeat

Feel back into the breath itself,

Watch, feel, notice the breath as it comes in through your nose

As it moves up towards the crown of your head

And down past your throat

Into your chest, into your belly

Let the area of your throat feel spacious  
Unobstructed, alive and vibrant  
Notice how smoothly the breath flows up and down past this space

Rest in this spaciousness for as long as you'd like

Before you close the meditation,  
Remember your commitments,  
And make a promise to carry those commitments, and your mindfulness  
Into the rest of your day

As you are ready, slowly open your eyes, and rejoin the space around you