

Guided Meditation Script

Steve Lovinger — Mindfulnessmeditationgroup.com January 2026

Posture and Settling In

Take an upright position—neck and spine straight, head slightly tilted forward. Close your eyes or keep them softly hooded.

Feet flat on the floor. Hands resting on your lap or legs.

Just enough effort to be upright—but not so much that you're not relaxed and at ease. It is ok to adjust your posture two or three times during the meditation to stay upright and relaxed

Settling the Breath

Now we'll take three deep, slow breaths to stimulate the parasympathetic nervous system. Fully empty your lungs on each exhale by pulling in your abdomen.

Breathe in—calming the body.

Breathe out—calming the body.

(Repeat two more times)

Opening Awareness

Take a few moments to notice what's going on inside and around you.

Are there any bodily sensations arising? Just notice them. Label them as feeling. Don't make a story about them.

Are any sounds present? Notice them, and label them gently as *hearing*.

Now, notice the pressure from your body resting on the chair, (pause) your feet on the floor.

Perhaps you feel airflow on your skin or a difference between the temperature of your body and the temperature of the room.

Body Scan

Now we'll move through a partial body scan. I ask you to notice any sensations in the body part I name. Not looking for anything in particular, just resting briefly at each area and noticing whatever is present — warmth, pressure, tingling, numbness, or nothing at all. Just do not make a story about them.

Starting at the feet—notice any sensations in the feet.

(Pause silently for 10 breaths.)

Move up to the lower legs or calves—notice sensations.

(Pause for 10 breaths.)

Now the upper legs—again, just notice.

(Pause for 10 breaths.)

Bring awareness to your chest and abdomen and notice the sensations of breathing.
(Pause for 10 breaths.)

External Contact Points

Now notice how your body makes contact with the external world:

- The weight of your legs and feet on the floor. The sensation of your feet in contact with the solid floor.

(Pause for 10 breaths.)

- The weight of your body on the chair—sensation of contact and pressure.

(Pause for 10 breaths.)

- The weight of your hands on your legs—see if you can distinguish the sensation in your hands from the sensation in your legs.

These are separate sensations, combined by the mind.

This is an example of how the mind constructs experience.

(Pause for 10 breaths.)

- Notice the weight of your shirt or blouse on your shoulders and arms.

(Pause for 10 breaths.)

Breath Awareness

Now bring your attention gently to your breath.

Notice your lungs filling with air on the inhale.

Your chest rising—and falling—with the exhale.

Rising and falling... just a body breathing.

(Pause for 10 breaths.)

Continue to breathe naturally.

Notice the qualities of your breath. Are your breaths long? Perhaps they are smooth. Or maybe they are short or choppy.

However, the way they are in this moment is exactly how they should be.

Just continue to breathe naturally. Is your inhale cooler than your exhale?

(Pause for 5 breaths.)

Anchor the Attention

Now, gently move your attention to where you feel the breath the strongest. For many, that's the base of the nostrils or tip of the nose.

For others, the rise and fall of the abdomen.

Keep your attention there.

If thoughts arise, just label them as **thinking** and return to the breath.

If sounds arise, label them as **hearing** and return to the breath.

If bodily sensations arise, label them as **feeling** and return to the breath.

Each time you return to the breath, you're practicing *anapanasati*—mindfulness of breathing, remembering the breath.

Optional Technique: Counting

At times, it can be helpful to count breaths, especially if you are experiencing a lot of mental chatter. Count each exhale from 1 to 10, then start again at 1.

If you lose count, no problem. Just gently begin again.

For Vipassana (Insight) Meditation, add

As thoughts and bodily sensations arise, simply notice their arising and their passing.

Everything that arises passes. And notice as well—you did not initiate either the arising or the passing; they unfold due to conditions.

The rest of the session will be in silence.