

“Into the Stillness” guided meditation transcript

Hello, and welcome to this guided, mindfulness meditation. Before we begin, please make sure you are in a comfortable position, with your back upright. In a few moments, I will ring the bell to begin today’s session.

Let yourself come into the stillness, the quietness by simply noticing your experience. Feel the breath as it moves in and out. Open to the sounds around you. Aware of the quality of the present/ Of the experience of the sensation and aliveness. The presence that’s here, right now, in this location, in this moment. From this sense of presence, let yourself be aware of your intention this session. You might explore establishing your intention with a soft, mental whisper. Just feeling the sincerity of what matters.

Continuing to breathe in and out deeply, take some moments to really allow yourself to sit down into your body. You might let your shoulders down a little. Let the chest be open and the belly soft. Aware of your hands, just feeling them from the inside out. Aware of the places of contact where you’re sitting, where you’re sitting on your cushion in your chair. Where your hands are touching each other or your legs. Or where your feet are touching the floor. Sensing your contact with the earth. Places of pressure or hardness. Aware of the body as a field of sensation. Notice what happens when there’s no resistance. Just letting the play of sensation unfold. Tingling and vibrating. Hard or soft. Cool or warm. Pleasant or unpleasant. Just letting be

With the same receptivity, listening to the sounds. Listening to the sounds in the space around you. Just letting them wash through, so that you’re listening with your whole body’s awareness. Sensing the skin as an envelope around your body. Listen to the sounds right outside the skin. Listen to and feel the space outside the skin. Notice what happens when you listen to and feel the space behind you. Just imagine and listen to and feel the sensation inside the skin. Completely open and receptive. Listening to and feeling the whole moment. Just be the silence that’s listening. The still open space that’s aware.

The mind will over and over again detract away from presence, hitch to a thought, the future, or the past. When there’s awareness of that, without any judgement, let that be an invitation to pause. To arrive again in sacred presence, right here. Listening. Feeling the sounds that are here. These sensations. This moment-to-moment experience of aliveness. Nothing is pushed away. If a strong emotion arises, restlessness or fear, sorrow or excitement, completely allow that weather system to flow through you. Honor the life that is present, whether it is pleasant or unpleasant. Feeling directly the presence right here, as they are.

What really matters in meditation is attitude. Is there a willingness to just let life be, just as it is? An interest in what’s happening?

If you’ve been lost in thought, pause right now and just notice the difference between any thought and the vividness of being here. These sounds. These physical sensations. This mood that might be here in the heart. Listening to and feeling this moment-to-moment experience. And notice what happens when you let everything be just as it is.

In a few moments you’ll be hearing the sound of the bell and see if you can include that sound with the same presence. The sensation of opening your eyes. Of looking around. Receiving the images, the shapes, the colors. So that, rather than ending meditation, it continues in a different form. Still really here. Awake, open, present.