



Nalanda Institute
for CONTEMPLATIVE SCIENCE

Contemplative Psychotherapy Program
Mindfulness-Based Practice and Psychotherapy

THE FOUR APPLICATIONS OF MINDFULNESS

Eight Sample Guided Meditation Scripts

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1. Body mindfulness

Centering present posture

Nostril breathing

Sensation of breath home base

Let the pleasant comforting tone draw you in

Like a good mother or animal whisperer

Give your mind permission to unplug from the world

Rest and refresh in the moment

Letting go of what has been or could be

Notice the living breathing body,

Mind calm and clear

Distractions—let go and return

Dullness—let go and uplift

Alternately settling your wild mind

And energizing your dull mind

Sit together like this—centering

Like a good mother or whisperer

Just being with your present body

Staying with your life, here and now

Feeling the pulse of it, the breath of it—

Using the rhythm of breath to stay calm

Using the energy of breath to stay awake
Rewarding yourself by savoring just being
Now come back to outer physical body
Sense of cushion or chair
Air on your skin, the room
At our own pace open your eyes
Making an intention to bring breath awareness
Into choice moments of your daily life

2. Breath Awareness

Centering present posture
Sensation of breath home base
Let the comforting rhythm draw you in
Like a good mother or whisperer
Give your mind and body permission to unplug from the world
To rest and refresh in the moment
Letting go of what's happened and what's next
Notice your living breathing body now,
With mind clear and calm—
Distractions—let go and return
Dullness—let go and uplift
Alternately taming the busy mind and waking the dull mind—
Now reign in outward scanning attention
Gathering as much awareness as you can
Into your center, your inner core,
To come in to your stillness and rest—
As you sit with mind poised
At the vital point where you sense the pulse of breath
Now relax your centering focus—
Letting some of your clarity and calm
Ripple out from your core
To gradually diffuse through the rest of your torso
Like the oxygen in your blood—
As if you were waking up in your body
For the first time from the inside out—
Feel your heart and lungs
Chest and shoulders—
Feel your diaphragm and abdomen
Pelvis and hips—
Sense your awareness

A breath at a time rippling out your limbs—
Down the legs to your feet
Down the arms to your hands,
Up through the neck and jaw
To your ears, face and crown—
Now with your awareness spread
Though your whole form
Try sensing your whole body
Not as solid as you think or see
But as one live vessel of breath and mind
More airy and fluid, permeable and translucent
Like a person shaped bubble of life—
So lets sit together like this
With awareness filling every tissue and cell—
Just being with your whole living body
Treating yourself to savoring just being—
Now when you're ready slowly open your mind
To your outer physical body
Sensation of cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to bring body awareness
Into choice moments of your daily life

3. Non-reactive mindfulness

Centering present posture

Sensation of breath home base

Let the comforting rhythm draw you in

Like a good mother or whisperer

Give your mind and body permission to unplug from the world

To rest and refresh in the moment

Letting go of thoughts of what's happened, what's next

Notice your living breathing body now

With mind clear and calm—

Distractions—let go and return

Dullness—let go and uplift

Repeatedly taming the busy mind, waking the dull mind—

Slowly reign in your dissipated attention

Gathering awareness into your core

where you sense the pulse of breath

Now relax that centering focus

Letting some of your clarity and calm

Ripple out to diffuse through your whole body

With the oxygen in your blood—

Feel your chest and shoulders—

Belly and pelvis—

Then let awareness ripple out your limbs—

legs to feet, arms to hands,

neck and jaw to your face and crown—

Now with your awareness spread

Though your whole form

Try sensing your body Not just as living and breathing

But beneath or inside that

The underbelly of sensitivity

Where you feel everything

Whether pleasant or comfortable
Unpleasant, uncomfortable
Or all the neutral shades in between—
Now scan your body for sensitivity
Bring your awareness to sensitive areas
And watch how you respond—
See if displeasure or pain sparks aversion
Getting frustrated or shying away—
See if pleasure or comfort sparks attachment
Getting Clingy or expecting more—
See if the neutral grays the silent majority
Prompts glossing over or spacing out—
Now notice how this undertone of
Friction and reactivity disrupts your mind—
And try practicing non-reactive awareness
Accepting and Bearing with the unpleasant
Savoring while letting go of the pleasant
Staying close and attentive to the shades of grey—
So to help practice being mindfully present
With your sensitive breathing body
Let's sit together for a few minutes
Trying to practice mindful sensitivity
To acquire a taste for non-reactive equanimity
Treating yourself to savoring feeling
a bit more balanced and comfortable in your skin—
Now when you're ready slowly open your mind
To your breath and the outer physical body
Sensation of cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to bring non-reactive mindfulness
Into the sensitive moments of your daily life

4. Balanced Sensitivity

Centering present posture

Sensation of breath home base

Let the comforting sensation draw you in

Like a good mother or whisperer

Give your mind and body permission to unplug from the world

To rest and refresh in the moment

Letting go of baggage and expectations

Notice your living breathing body now

With mind clear and calm—

Distractions—let go and return

Dullness—let go and uplift

Repeatedly taming the busy mind, waking the dull mind—

Slowly reign in your stray attention

Gathering awareness into your breath

Now relax that focus

Letting some of your awareness

diffuse through your whole body

Like the oxygen in your blood—

Through your whole torso and all the way out

To fingers and toes face and hair

Start scanning your body for sensitivity

Bring your awareness to sensitive areas

And try practicing non-reactive awareness

Accepting and Bearing with the unpleasant

Savoring while letting go of the pleasant

Staying close and attentive to the shades of grey—

Now practice being mindfully present

In your sensitive breathing body—

The moment you get pushed or pulled into Reactivity

Or lulled into mindless inattention

Apply the remedies of bearing with,
Savoring lightly or hovering attentively
Let's sit together for a few minutes
Trying to practice mindful sensitivity
To acquire a taste for non-reactive equanimity
Treating yourself to savoring feeling
More present and whole in your skin—
Evenly feeling the whole fabric of your sensitive being—
Now when you're ready slowly open your mind
To your breath and the outer physical body
The Sensation of your cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to bring balanced sensitivity
Into triggering moments in your daily life

5. Open awareness

Settle into a centering present posture
Make the sensation of breath your home base
Let the comforting sensation draw you in—
And like a good mother or whisperer
Give your mind-body permission to unplug from the world
To rest and refresh in the moment,
Letting go of past and future—
Join your living breathing body right now
With mind clear and calm—
Distractions—let go and return
Dullness—let go and uplift
tame the busy mind, awaken the dull mind
a breath at a time, reigning in more attention
Gathering awareness in with each breath.
Now with your mind more present
And attention more centered—
Turn the light of awareness back on itself—
Searching for the mind that's aware.
First find all the stuff that's on your mind—
Clouds of thinking, flashes of memory or fantasy,
winds of emotion, mood lighting—
Consider that all these things however normal
Are not mind or awareness itself
But contents of mind—the stuff
Mind holds and processes —
So try to move through these layers
To uncover your prime awareness
The space or light inside that holds and illumines all
Just as the sky holds and displays weather.
Without getting caught up in clinging or reacting

focus instead on the clearing—
Let that quieter, more spacious
Mind be your focus, your new home base.
Try to rest more and more in that space
Your free and clear primal mind—
If you're distracted by content
As with the breath just let go and return to sheer mind.
If you get dull, make that extra effort
To energize your awareness and tune in with clarity.
If all else fails, go back to breath to refresh your focus
and then turn your focus back on your mind—
In this way try to immerse your attention
As much as possible in the field of awareness
And stretch that field as far and wide as you can
Letting all things flow through without clinging or reacting
As the sky filters all weather.
Now let's sit together in this practice of open awareness—
Try to make yourself at home in the vastness
And unbounded openness of your mind—
Remember that space and light is inside you always
No matter how cluttered or busy your mind—
It's always there holding and illumining all.
Now when you're ready slowly return
To find your breath, feel your way back into your body
Back to your outer physical form
feel your cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to find open awareness
When you need fresh perspective
To bring your full clarity of mind
To the buzzing blooming confusion of your daily life

6. Deep Clarity

Centering present posture
Sensation of breath home base
Let the sensation draw you in
And ground you like an anchor
Give your mind and body permission to let go of the world
To find stillness in the moment
Letting go of past and future
Stay with your breathing body right now—
Let go of Distractions and return
Let go Of Dullness and uplift
Now with your mind more present
And attention more centered—
turn the light of awareness
Back on itself, the mind that's being aware
And try dive into the depths of your mind—
Like a diver going deep underwater
Let your mind go under the waves of thinking
through the surface reflections of memory or fantasy,
And keep diving through the currents of emotion
Down as deep as you can
Towards deeper stillness
the wellsprings of your primal mind—
Let your awareness drink in the depths
And let your mind be still and clear—
If your attention gets carried away
by currents of emotion Or waves of thought
Once you notice, let them go
And return to the deeper mind—
Or if you find your mind getting murky or dull
Make that effort to energize the mind

Until again you're both deep and clear
In this way try to immerse your attention
As much as possible in the depths of awareness
And reach as deep and still as you can
Letting all things flow above you
Without clinging or reacting
As the sea supports all weather-
So now let's sit together in this practice
Of deep awareness—
Try to make yourself at home in the profundity
And boundless stillness of your mind—
Remember that depth and calm is inside you always
No matter how cluttered or busy your mind—
It's always there holding it all—
Now when you're ready slowly return
To find your breath, feel your way back into your body
Back to your outer physical form
feel your cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to return to Open awareness
When you need to get depth perspective
And bring your full presence of mind
To the surface confusions of your daily life

7. Mindful Experience

Settle into a centering present posture
Make the sensation of breath home base
Let the comforting feel of breath draw you in—
Give your mind and body permission to unplug from the world
Letting go of past and future
Stay with your breathing body right now—
Now with your mind more present

And attention more centered—
turn the light of awareness
Back on itself, the mind that's aware
Moving through what's on your mind
towards the primal field of awareness
The inner space and light that holds all experience—
And make that your home base,
Immerse yourself as much as you can
and rest in open awareness—
Letting all things flow by without clinging or reacting
Clearing your mind like a wide angle lens
Cleansed of the smudges of bias
And the dust of old patterns.
Now that you've cleared your awareness
It's time to put it back into action—
As you notice things flowing by
Let your mind lightly observe them
Without getting caught up or carried away—
Monitor what's on your mind with awareness
And name what you notice
—thinking, feeling, hearing, memory—
Sharpening fine focus so you can discern
More freshly and clearly than ever
Just what's on your mind—
As you notice, assess what you find—
Old, new, healthy, unhealthy, real, unreal—
Bring the free and clear mind of open awareness to bear
To notice the fine grain of experience
With a fresh perspective free of bias and habit—
Be curious about your experience
With a beginners mind—as if for the first time
Allowing yourself to watch your mind work

With the higher awareness of your wisest mind-
Now let's sit together in this practice
Of mindful experience—noticing carefully
What we learn and discern—
Using our new presence of mind
Not just to notice but to evaluate and respond—
What are the reactive habits I need to let go of—
What are the freeing insights and motives I need to take hold of—
Lastly as you prepare to close this practice
Remember that this wise mind is inside you always
No matter how cluttered or busy your head is—
It's always there to clarify and guide your choices—
Now when you're ready slowly return
To find your breath, feel your way back into your body
Back to your outer physical form
feel your cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to practice mindful experience
When you need to bring a beginner's mind
And wiser choices to the moment to moment
challenges of your daily life

8. Mindful Insight

Settle into a centering present posture
Make the sensation of breath home base
Let the comforting rhythm of breath draw you in—
Give yourself permission to unplug from the world
Letting go of past and future
Stay with your breathing body right now—
Now with your mind more present
And attention more centered—
turn the light of awareness
Back on itself, the mind that's aware.
Moving through what's on your mind
towards the primal field of awareness
The inner space and light that holds all experience,
Choose that your new home base,
Immerse yourself as much as you can
and rest in open awareness—
Letting all things flow by without clinging or reacting
Clearing your mind like a wide open lens
Of the smudges of bias and dust of old patterns.
Now with your lens of awareness clear—
It's time to freshly engage your experience and action.
As you relax your hold on your mind
Let whatever strongly arises emerge
And welcome it into your mindful awareness
With curiosity and openness.
However familiar or novel, try to face it freshly
As if for the first time—
Sharpening fine focus so you can discern
Just what it is that's on your mind—
An upset, a memory, a fear, a desire—

And be ready to name what you observe
Like a scientist or therapist in your own mind.
Is what you're facing old or new, healthy, unhealthy, real or unreal—
Bring the free and clear mind of open awareness to bear
To notice the fine grain of the experience
With a fresh perspective free of bias and habit—
Be curious about it with a beginners mind—
Allowing yourself to watch how you think, feel and respond
To it with the higher awareness of your wisest mind—
Now let's sit together in this practice
Of mindful insight—noticing carefully
What we learn and discern—
Using our new presence of mind
Not just to notice but to evaluate and respond—
What are the reactive habits I need to let go of—
What are the freeing insights and motives I need to take hold of—
Lastly as you prepare to close this practice
Remember that this wise mind is inside you always
No matter how cluttered or busy your head is—
It's always there to clarify and guide your choices—
Now when you're ready slowly return
To find your breath, feel your way back into your body
Back to your outer physical form
feel your cushion or chair, air on your skin, the room
At your own pace open your eyes
Making an intention to practice mindful experience
When you need to bring a beginner's mind
And wiser choices to the moment to moment
challenges of your daily life