

Breath Meditation with Soul Questions Script

Let's begin our meditation.

Please rest comfortably and close your eyes.

Take a few long, deep breaths, allowing your body to settle into wherever you are. Come into this present moment and let go of everything that doesn't concern you right now.

Bring your awareness to your heart.

Now start to become aware of your breath. Allow your breathing to be normal, not controlling it in any way. Not focusing or concentrating, just simply observing the breath as it naturally flows in and flows out.

Be aware of the breath.

With each inhalation and exhalation, allow yourself to become more relaxed, more comfortable, and more at peace.

We will silently ask ourselves the four soul questions:

Who am I?

Who am I?

[Pause.]

Now simply shift into the presence of being, because that's who you are. *Who am I?* is not an image, sensation, or thought.

Shift into being, just be.

Who am I?

[Pause.]

What do I want?

What do I want? is an experience, but you don't force an experience. You say, "What do I want?" and then allow the experience to come to you right now in the form of a sensation, image, feeling, or thought. Just be open to it.

What do I want?

Allowing any sensation, image, feeling, or thought to come to you.

What do I want?

[Pause.]

What is my purpose?

What is my purpose?

[Pause.]

This is also an experience, so allowing any sensation, image, feeling, or thought to come.

What is my purpose?

What is my purpose?

[Pause.]

What am I grateful for?

What am I grateful for?

[Pause.]

Allowing any sensation, image, feeling, or thought to come to you.

What am I grateful for?

Gently release the questions and bring awareness to your breath.

Throughout the meditation, simply follow the inflow and outflow of your breath. Your breath may get faster or slower, deeper or shallower. However it changes, just observe it innocently.

From time to time you may notice that your attention has drifted away from the awareness of your breath to other thoughts in your mind, a noise in the environment, or a sensation in your body.

Whenever you notice that your attention has drifted away, gently come back to observing the inflow and outflow of your breath.

Remember to let go of any expectations you may have during this meditation. If you notice that you are focusing on a feeling, mood, or emotion, or if you are waiting for some experience to happen, treat this as you would any other thought and gently bring your attention back to your breath. Innocently going with the flow.

Allow your body to soften, focusing on the natural rhythm of your breathing, as we move into stillness.

I will mind the time and will tell you when it's time to stop.

[Wait 15–30 minutes.]

(Note: To let the group know it is time to stop, you can ring a soft bell or chime, or softly chant *Om* once. You can also use a meditation app that has a soft chime or gentle sound for keeping track of the time.)

It's time to come out of your meditation. Continue to rest comfortably, inhaling and exhaling gently, allowing your breath to be normal.

Now take a few deep breaths, bringing your awareness back to your body.

When you are ready, you can gently open your eyes.

Namaste.