

# Affectionate Breathing

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Affectionate Breathing by Kristin Neff

Estimated, Unofficial Transcript:

“ This meditation is called affectionate breathing and it should take about 20 minutes to complete. So start out by finding a comfortable position. This could be in a chair, on a meditation cushion, or you might even try lying on the floor in what's called the corpse pose in yoga, with your limbs spread out slightly, feeling completely relaxed. But only choose this one if you aren't too tired.

All right. So once you're in a comfortable position we're going to start.

All right. Start by getting in touch with your body in whatever position it's in right now. Notice how your feet feel, your legs, your seat, your trunk, your shoulders, your head. Just get in touch with your body right here, right now.

Notice any sensations you feel: tingling, throbbing, space. Whether those sensations are pleasant or unpleasant or neutral, it's fine. Just get in touch with what you're feeling right now.

Now take three deep breaths to let out any tension from the day.

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### Affectionate Breathing by Kristin Neff

Let your breathing return to normal, and see if you can notice where you feel the breath most strongly. It may be as it enters and exits your nostrils or perhaps as it enters and exits your chest or as your abdomen rises and falls. No one spot is better than another. Just notice where you feel your breath most strongly. Again not trying to control the breath, slow it down. Your body knows how to breathe itself. Just try to relax, and let your breathing be natural.

So now adopt a little half smile, very, very tiny, just so the corners your mouth curl up just a little bit. It shouldn't be strained or forced. Just let your mouth adopt a position of a little bit of a smile with your mouth closed.

Notice how that makes you feel when your face adopts a position of contentment and peace, happiness with the present moment.

Now as you breathe in and out, noticing how each inbreath feels, how each outbreath feels, try to let your breath be infused with affection for yourself and others, with kindness for yourself and others. Even if you don't really feel it, just set your intention for each breath, to breathe in kindness and affection for yourself, and each outbreath to breathe out affection and kindness for the world, for others in the world who are suffering just like you are.

Your mind will naturally wander as it does this. It's very normal, very human. Don't judge yourself for your mind wandering. Everyone does it. Just notice when your mind has wandered. This is a moment of mindfulness. You're aware that your mind has wandered. And bring your attention gently back to your breath, focusing on the feelings of affection and kindness that you're intending with each inbreath and each outbreath. If it helps to get in touch with these feelings, you might try putting your hand over your heart and feeling the warmth that's there.

Coming back to the breath if your mind has wandered, feeling some appreciation for your breath itself. Without breath, we couldn't stay alive.

Noticing each breath as it enters and exits your body, holding affection for yourself and for others, kindness for yourself and for others, remembering your little half smile.

If your mind has wandered, bringing it gently and tenderly back to the breath.

Letting your breath soothe and comfort your body, releasing any tension there, as you notice a gentle flow of your breath, in and out.

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### Affectionate Breathing by Kristin Neff

If your mind has wandered, just bring your awareness back to your breath without judgment, noticing the feelings of affection generated by your half smile. Or perhaps you have your hand over your heart, getting in touch with the feelings of warmth there, and gently return to your breath, kindness being breathed in and out.

Returning to the breath if your mind has wandered, focusing on your intention, of kindness for self and others, of goodwill, of affection for all human beings, including ourselves.

And the meditation will end shortly, so take this last minute or two to really focus on your breath, gently and kindly breathing in, breathing out, resting in the feelings of kindness you're generating.”

