

# Awareness of Each of the Five Senses

## 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



5-4-3-2-1

When you are in the throes of an overwhelming emotion, it can hook you in completely. Mindfulness practice helps you notice when this happens.

When you do notice you are feeling overwhelmed, you can use this exercise - the 5-4-3-2-1 exercise - to bring yourself back to the here and now.

It takes just a few minutes and extends an invitation to be present.

So, to begin:

Leaving your eyes open, scan your surroundings and notice five things you can see.  
(5 second pause)

You can say them out loud or note them silently in your head.  
(5 second pause)

With each of the five sights, pause to take them in completely.  
(20 second pause)

Next, notice four things you can feel in the body.  
(5 second pause)

Again, you can either note them out loud or note them quietly in your head. Rest your attention with each sensation for a mindful breath or two.  
(20 second pause)

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Now name three things you can hear.

Try to choose three different sounds, not the same noise three times.  
(5 second pause)

Take in each sound with curiosity.  
(15 second pause)

Next, note two things you can smell.  
(5 second pause)

If you cannot smell two things in this moment, feel free to move somewhere to smell something more closely.

Or, simply notice whatever you notice - even if that's an absence of smell.  
(15 second pause)

And finally, note one thing you can taste.  
It may be the leftover taste of a meal, of toothpaste, or just the way your breath tastes.  
(5 second pause)

If you are not aware of any taste in particular, just note that as well. There is no right or wrong to this exercise. (5 second pause)

Remember that you can come back to this practice whenever you need to quiet or calm your mind. Your senses are here to ground you in the present moment.