

Puppies Meditation

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



Reach into your mind and connect with any thoughts that are mildly or moderately troubling you (troubling at a level of 3 or 4 on a scale from 1 to 10).

Once you've named a few – one, two or three – reach into your body and see if you can find where you experience the emotions under those thoughts.

Imagine that the thoughts are the top of the iceberg and the feelings are what's beneath.

Is there fear? Sadness? Anger? Take a few moments to explore.

Then, see if you can happen upon the sensations of those feelings.

Where do you feel them in your body? What do they feel like?

Are any other feelings or thoughts coming up as you explore this? Perhaps a fear of not getting it right? Shame? Frustration?

Whatever is there and wherever it has come from, just let it be there, without analyzing its roots.

And now imagine a small child, a puppy, or a kitten. Something that has absolutely no intention in this life other than to exist. Someone who has no intention to create harm.

Imagine that small being, that helpless being, experiencing the emotions that you're experiencing in your body.

Being filled with grief or fear... hopelessness or anger... anxiety or frustration. Maybe numbness (even numbness is a feeling).

Puppies Meditation

GUIDED MEDITATION SCRIPT

Imagine this innocent being expressing that emotion – maybe not through words, but through actions.

Perhaps weeping or shaking or curling up into you.

How would you react to that?

What would you do in this moment to support that little being?

You might say a few words, even if they wouldn't have much comprehension of words. Still, you'd probably speak soothingly.

Practice holding space for those feelings that are asking for you to simply be there with them.

And then offer yourself the same care that you imagine yourself offering to that innocent little being.

Practice having empathy for your own suffering, the way you would for the suffering of others.

How would you try to make that little puppy, kitten, or child feel safe in this moment?

Sit there with your own emotions with the same level of care and support.

And whenever a new emotion arises, allow it to be there, too, holding space for it however feels right for you.