

# Cultivating Mindfulness of Speech

## Mindfulness Worksheet

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



You may have heard of the 'mindfulness trinity' of body, speech and mind. When we practice this three-fold mindfulness, we're aware of the actions of our body, the words we speak, and the thoughts that we are thinking in our minds.

The way in which we speak, either with our voice, in our social media posts, or in our emails has great power to be of benefit to us and to others, or to cause pain. When we cause others pain, that hurt eventually comes back around to us too, sometimes immediately.

When we're mindful of the ways in which we speak, not only do we learn about our thoughts and the habits of our mind, but we become mindful of how it is that we relate to others through our patterns of speech.

Mindfulness of speech helps us become aware of when we are being truthful, and when we are not. We become aware of the ways in which we gossip, which can teach us about our cravings and our aversions. We become aware of our tone of voice, and how we might come across to others. We become aware of the ways in which we use words to unnecessarily fill uncomfortable spaces, or to avoid connection to our body and mind.

Practice mindfulness of speech with the following brief meditation and mindfulness exercise. Then strengthen your awareness by answering the questions that follow.

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## Mindfulness Worksheet

### MEDITATION ON MINDFULNESS OF SPEECH

- Sit comfortably in a quiet place
- Open your chest by shifting your shoulders down and back
- Let your arms relax and rest your palms in your lap
- Breathe quietly in and out through your nose
- With your eyes closed, notice your breath
- Visualize a warm, glowing red or blue light at the center of your throat.
- Hold this visualization and awareness of breath as you meditate on the following four commitments
- Say silently to yourself, "I commit to always telling the truth"
- Contemplate what that means to you. Notice what you feel in your body, and at your throat
- Say silently to yourself, "I commit to using my words to bring people together, and will refrain from divisive speech"
- Contemplate what that means to you, and notice the pulse of energy at your throat
- Say silently to yourself, "I commit to speaking kindly and gently, never yelling or using my words to hurt others"
- Contemplate what that means to you, as you deepen awareness of the light at your throat, your body and your breath
- Say silently to yourself, "I commit to only speaking when necessary, and I will refrain from idle chatter"
- Contemplate what that means to you, and notice what arises
- Spend as much time as you'd like with each of the above sentiments, and then slowly open your eyes

### MINDFULNESS EXERCISE ON SPEECH

Begin your day with the above meditation. And then for one hour of your choosing, or for one full day, carry the mindfulness developed in your meditation off the cushion and into your life.

Each time you speak out loud, notice if you can keep the same commitments from the meditation. Always tell the whole truth, avoid divisive speech and speak instead in ways that bring people together, avoid harsh or negative speech and instead, speak in ways that do no harm. Avoid speaking just to talk, and keep your speech meaningful instead.

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As your mindfulness improves, extend this awareness to the speech that goes on in your own mind, and the speech you use when you text, email or post things online. Can you keep the same commitments in each of those areas?

When you begin speaking to others differently, what changes?

### WHAT DID YOU LEARN?

Describe your experience with the meditation in general

Did you recognize any ways in which you habitually lie, or avoid telling the whole truth?

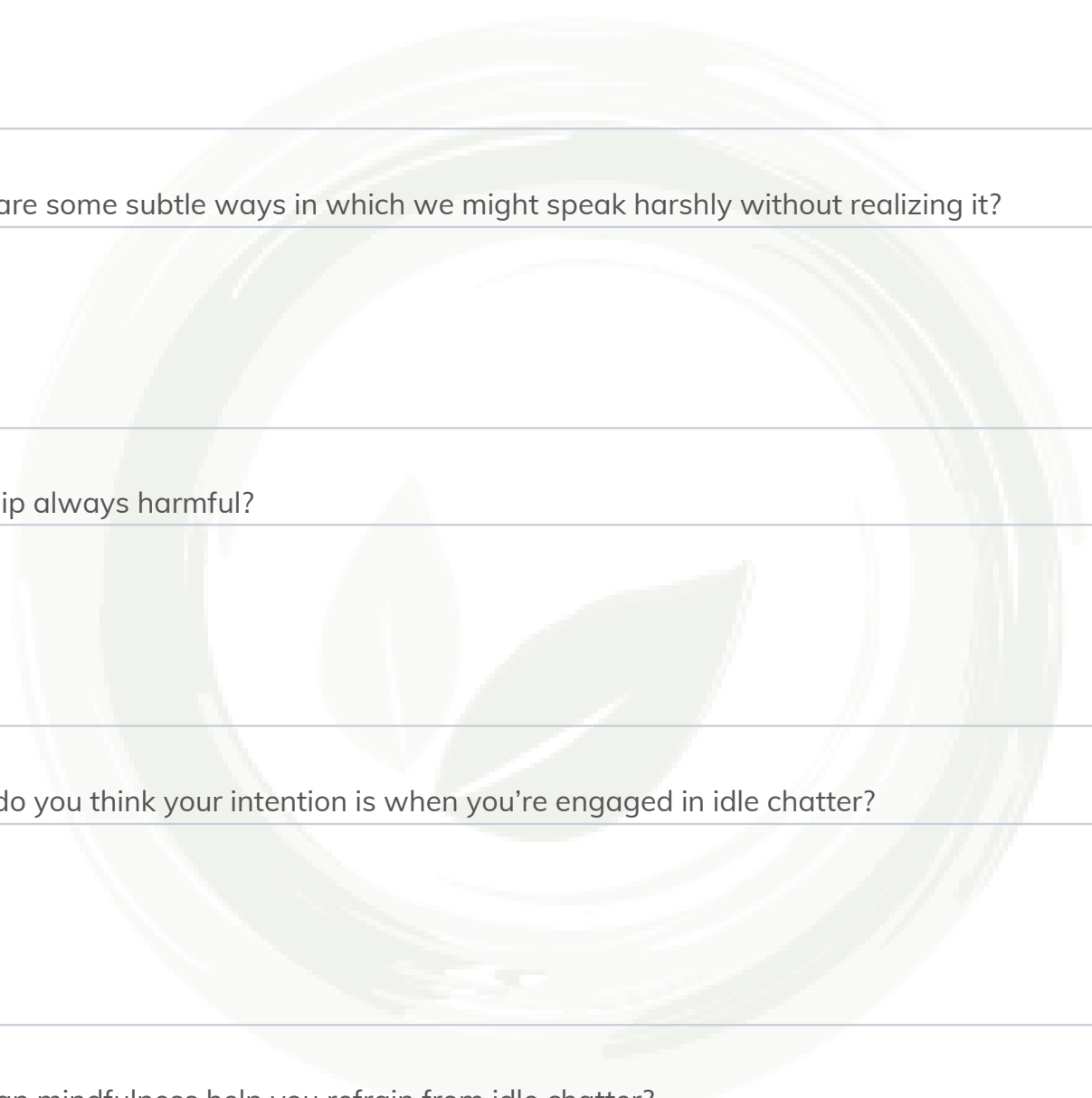
What might be an example of divisive speech, or speech that causes a rift between people?

Describe a time in which someone said something that caused you pain

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Describe a time in which something you said, or didn't say, caused someone else pain



What are some subtle ways in which we might speak harshly without realizing it?

Is gossip always harmful?

What do you think your intention is when you're engaged in idle chatter?

How can mindfulness help you refrain from idle chatter?

# Cultivating Mindfulness of Speech

## Mindfulness Worksheet

How might mindfulness of speech change your relationships with others?

### REVIEW

Our speech is one of the main ways in which we interact with the world around us. By becoming more mindful of how we talk and what we say, we improve our relationships with others.

When we stop lying or telling half truths, when we stop gossiping or sharing negativity, when we begin speaking with purpose rather than habit, we become more kind, more compassionate, and more patient with both ourselves and others.

Change how you interact with the world, and the world around you will change. Mindfulness of speech is a good place in which to begin.

