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# Mindfulness Meditation Personal Script



Liza Kindred + eff this meditation

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It is not meant to be used for you to guide others. We have scripts available for use by qualified meditation teachers, as well as teachers and parents, in our resource library.

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Welcome to your mindfulness meditation.

Having a regular mindfulness meditation practice has changed my life for the better, and I know that wonderful things are possible for you, too.

There's a ton of statistics out there about how mindfulness meditation makes us less anxious or depressed; more relaxed and focused; and better at dealing with the little stresses and big traumas of our lives.

While true, my own personal measurement is that I believe that I have become much less of a jerk (ha!) and feel a sense of peace, confidence, and equanimity in my everyday life. I wish all of these things for you.

Thank you for your practice!

With love,



Prefer to be guided? I made free audio and video versions of this practice, which you can access anytime at *URL to be added*.

# About Mindfulness Meditation

In a world full of all kinds of fancy, complex, and entertaining versions of meditation, the truth is that a simple mindfulness meditation remains among the most powerful of practices.

Not only has mindfulness meditation been practiced for thousands of years, it is among the most highly studied by modern science. All of those fancy benefits of meditation that we hear about are received through core mindfulness meditation practices.

Which is my way of saying: this practice might be “simple” but it is absolutely foundational.

The core practice is that we chose an anchor (like the breath) and we focus our attention on it. When our mind wanders (and it will!) we just notice that we’ve started paying attention to something else, and then we bring our focus back to our anchor.

That’s it. That’s how we practice mindfulness meditation. We flex that “attention” muscle again and again, and eventually it becomes more second nature, and we start to find that we’re more mindful outside of our meditation practice as well. Simple but powerful stuff!

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# What you should know about anchors

Meditation is the practice of gentle focused attention.

To focus our attention in meditation, we use what we call “anchors,” which are simply things that we chose to focus our attention on—and then *re-focus* on again and again when our attention wanders. Typically we use the breath as an anchor.

We do this because the breath is ever-present, rhythmic, and it happens without our “doing” anything—it just *is* the breath. Focusing on our breath also helps get us out of our heads, where we focus most of our attention, most of the time.

But the breath is not always the best anchor! Whether due to sickness, disability, mental health challenges (like anxiety) or traumatic experiences, if focusing on the breath does not feel like the best option for you, that is truly fine. In fact, it’s a wonderful thing to know about yourself!

If using a different anchor feels safer to you, by all means, use a different anchor! Just don’t switch around between anchors—that’s entertainment, not meditation. ;)

The instructions here offer the breath as an anchor, but if you chose to swap a different anchor in, such as those listed on the left of this page, simply use that one instead!

## Alternative anchors

Other *physical* non-breath anchors you could choose to use instead:

- the physical sensation of your hands in your lap, on your legs, or resting inside of each other
- the physical sensation of your feet on the floor, or your booty on your cushion
- your heartbeat, if that feels relaxing and safe to you (you can place your hands on your chest for this)

If focusing outside of your body feels safest for now, try using one of these as an anchor:

- the sound of breaking waves, or gentle music (without lyrics)
- the sight of a flickering candle flame
- the smell of incense
- a mantra, or short repeated phrase

You don't grow the  
flower.

You cultivate and  
fertilize the earth and  
keep it weeded and  
moist, and then the  
flower grows naturally.

*—Ram Dass*

## Before you begin, create the setting

You can meditate anywhere, any time that feels safe and available to you. In the ideal circumstances for a formal practice, you will be able to take the time to create a container, or space, for your practice:

- that is relatively quiet and where you are unlikely to be interrupted
- that feels safe to you
- that is physically comfortable (and supportive of an upright, gentle posture if that fits your abilities)

If it fits your practice and your needs, you can also introduce other elements, such as a meditation cushion, incense, or ringing objects such as bells or bowls (things that signal the start and end of the practice can be especially helpful.) While these things can be wonderful, none of them are necessary. *The meditation is in you. Quiet and stillness can help you to access it.*

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# Mindfulness Meditation Practice Steps



# Mindfulness meditation

Remember, this practice is about choosing an anchor and then gently, repeatedly returning your focus to it. If you ever find yourself thinking “Whoops, I am supposed to be meditating!” . . . spoiler alert, you are meditating! Noticing your mind wandering is step one, step two is letting that go and refocusing on your anchor. Remember to be as gentle and kind to yourself as you can.

## Setting

Begin in as quiet, safe, and comfortable a place as you are able to create in this moment. Set your timer.

## Posture

Shake, stretch, and settle yourself into a comfortable, upright position. The goal is to feel supported (by cushions, etc) so that we can relax any “gripping.”

## Hands

Make any movements that might help your hands or wrists relax, and place your your hands gently on your legs. (Or rest them gently in each other.)

## Eyes

Close or gently rest your eyes. We're not squeezing shut, just softening.

## Deep breath

Take a long, deep breath, focusing on the exhale. Repeat a few times if it feels right.

## Check in

Take a moment to check in with how you're feeling, without judgment. Notice any physical, emotional, or energetic sensations. Greet them with kindness if it feels right.

## Notice your breath

Begin to notice the physical sensations of your breath. Where does it enter your body? Where does it leave? What else can you notice about your breath? Focus on it.



## Mind wanders

Notice when your attention wanders. Be gentle, this is expected. Thoughts, sounds, and sensations are all there, always. This is okay; just notice that your mind wandered.



## Refocus on your anchor

With kindness, drop the distraction and refocus on your breath. Does it have a temperature, a texture, a pattern? Keep noticing.



## Repeat

As distractions happen, simply note them, and gently refocus on your breath. Repeat this practice until your timer goes off.

## Check in again

After your timer goes off, take another slow, deep breath. Check in one last time; how do you feel? Has anything shifted?



## Close the meditation

Gently open your eyes, and let in other sensations as you feel ready. Close with a moment of gratitude.



## Closing the practice with gratitude

A wonderful way to close a session of meditation practice is to allow for a moment of gratitude. I like to place both hands over my heart and really *feel the feeling of gratitude*. If this feels authentic to you, give it a try.

Whether you do this or not, when your practice is finished and before you go on to whatever is next for you, try to take a moment to think of one or more *specific* things that you feel grateful for. Maybe you feel grateful to yourself for your practice, or that your clothes are comfy, or that a challenging practice is over—or that you get to go eat a snack now, or whatever comes to mind!

Gratitude translates love into action, and is one of the most powerful mental states there is. It is a direct antidote to fear. It allows, it softens, and sometimes it makes us laugh. I am so grateful to be on this path with you, in all of its twists and turns.

# Let's stay connected



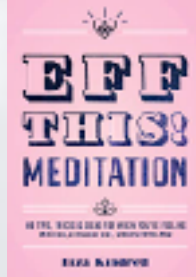
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