

Windows Open, Windows Closed - Guided Meditation Script

Greetings. This is a meditation called Windows Open, Windows Closed.

This meditation will ground you into the body, and then begin to use the body as an instrument of determining whether this or that goal is really in alignment for us. Whether we can expect the full participation of our bodies, or whether it is a goal generated by the mind only perhaps in response to some outer cultural or logistical pressure.

So first, I want you to find a comfortable seat. You can sit in a chair with your feet flat on the floor, where you can sit cross legged on the floor, or if you like to sit in your bed or on a couch as you meditate, sitting cross-legged with something supporting your back.

As you come into the space, just notice where your legs and your feet are making contact with the earth. You can press the balls of your feet into the floor, or you can take your hands and place them on your knees and press them down, to bring your awareness to your sense of connection with the earth and the body.

Next, you can bring your awareness to your pelvis, your abdomen, your diaphragm. You can take a deep breath in through the nose, imagining yourself filling up the belly, and then out through the mouth.

Next, bring your awareness to your heart space. Imagine yourself filling it up as you roll your shoulders back.

Finally, bringing your awareness to where the breath enters and exits the body. Taking a deep breath in through the nose, feeling the coolness of the air through your nostrils, and a long exhale, any sound you like.

Now that you're here, you can begin to check in with your body about a particular goal or set of goals that you may have for yourself in the coming day, week, month, year.

Maybe you have a physical goal, something you would like to do that requires your body's unequivocal cooperation.

Maybe it's a relationship goal, a place where you would like to deepen your connection and allow your drawbridge to come down, your window to open – or a place where you need the courage to close and protect yourself.

Maybe it's a creative goal, something you would like to bring into the world that is not currently here, or change you would like to make to the world that is needed.

Maybe it's a destination someplace that you'd like to, get to apply for, to enter in some way,

Bring to mind this goal.

Notice how your body feels.

Do you feel a sense of contraction? Maybe a slight tensing in the pelvis and the gut and the hands?

Or maybe you feel an opening sense that you could roll your shoulders back once again and approach this goal, open the windows to it.

Maybe there's a sense of exhilaration or even a little bit of fear, tingling. You open the window and look down. It's gonna require you to jump. Will you make it? But you're excited nonetheless.

Maybe you feel numbness. You're not sure. It is possible that your mind may be excited by a goal or your heart may long for it, but your body is not on board, and vice versa. If this happens, just keep breathing. Trust that an answer will emerge.

You can repeat this meditation with other goals.

You can also use this meditation to reflect on different people, who may be allies for you in this season, or they may be unintentionally making it more difficult to hear the voice of your body when it says no. You can use this to reflect on what your body is really telling you. Is this a windows open experience or a windows closed experience?

I invite you to come back to this as long as you like. Pause where you need to.

In the meantime, we'll gently end the meditation by opening our eyes if they've been closed, fluttering them open, looking around the space, and noticing again where your feet or your legs are in contact with the earth. Then wiggling your fingers and rolling your shoulders back, and taking the time to thank yourself for taking this moment to check in with the body, and give it the care it needs to make sure that all parts of you, as Martha Beck says, are in integrity, before you take off for the day, or for your long-term destination.