

# Guided Meditations for Mindful Conversation



# THE MEDITATIONS

You may be a meditation veteran, or this might be your first time entering this space. No matter where you are in your mindfulness journey, my hope is these guided meditations help you experience greater connection with yourself, others, and life.

On the following pages, you will find dictations as well as the audio files to some of my favorite meditations. I have separated them into four categories in hopes of helping you decide which one work best for you in this moment.

# Meditation on Observation

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This meditation is intended to support you experiencing more peace of mind when feeling stressed, overwhelmed, agitated in your mind or when you are wanting mental calm and stability. This meditation is with vision, but you can do it with any focus of your sense perceptions – sight, sound, smell, touch, taste. As you become familiar with the meditation you can do it anytime, anywhere, and for however long.

1. Ok, find a quiet place to sit or be where you won't be disturbed for 5 minutes or more.
2. Take a deep breath and relax your body, letting go of tension on the out breath.
3. Now find something pleasing to you to look at – a flower, your favorite coffee mug, a painting. It can be helpful when first learning this meditation to pick something that doesn't have writing on it.
4. Time yourself for three minutes (or more if you'd like).
5. Now, look at that object in your visual field. You are seeing with your sense perception of vision, and you are the awareness that is seeing and looking at the object.
6. While you are looking at the object, automatic thinking will happen – words and images/pictures in the mind – spontaneous talking to yourself, the voice in the head. This usually happens in a way that we don't even notice we've started thinking. We go unconscious. We "fall asleep" in a sense. This practice is to "wake up" to noticing the thinking, and come back to being aware of being aware.
7. As you come back to being aware, acknowledge that a conversation was happening in your mind. Something was being communicated. Something important enough to be spoken was being spoken. Speaking and listening was happening. And you are the awareness that is able to observe these conversations happening in you.

8. If you'd like, and if it feels true to you, express to yourself in your own way some form of warmth and appreciation that something important was being communicated in you, and that you are open and receptive.

9. Then go back to consciously seeing and looking at the object. Continue this practice of waking up to the automatic conversations that arise in you and returning to seeing the object until you are complete with the meditation.

10. When your meditation is complete, reflect, if you'd like, on anything you learned from this practice today.

# Meditation on Body + Feeling

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This meditation is intended to be used when you are feeling tension in your body and you want to support your body with relaxation, when you want to feel grounded and connected with your body and your feelings, or perhaps there is a particular issue or situation to which you are reacting.

1. Find a quiet place to sit or be where you won't be disturbed for 10 minutes, or more.
2. Take a deep breath and relax your body.
3. Time for 10 minutes (or more if you'd like).
4. Continue to focus attention on your breathing, following the breath in and out. See if you can follow the breath with your attention all the way through the whole cycle, from the inhale to the top of the breath, the still point at the top, and then the exhale, all the way down to the bottom of the breath, and the still point again.
5. Take a few more breaths this way, following the whole cycle of breathing with your attention. You can intentionally slow and deepen your breathing if you'd like, or simply pay attention to your breath as it is naturally moving in you.
6. As you are being with your breath this way, you may notice your mind talking, words or images/pictures spontaneously arising in you. This may seem like it's you talking. Try seeing these words or images of a conversation happening in the mind, and you are the awareness of this. As you "wake up" to noticing this conversation, warmly acknowledge if you'd like the mattering of the communication that was happening in you, and gently go back to focusing on the breath.
7. Now, focus on breathing into your chest/heartspace. Imagine you are breathing through your heart. If you'd like, put your hand on your chest to support you feeling the connection there and the movement of the breath. Take a few deep breaths into and through your heart.

8. Now, as you focus on breathing into your heartspace, also be aware of your whole body. Feel your entire body at once, without words, it's wholeness in space, while also maintaining focused attention on breathing through the heart. Do this for a few breaths or more.

9. Again, you may notice words and images of a conversation automatically appearing in you. Just notice, warmly appreciate, and gently go back to focusing on the breath and heart, and whole-body awareness.

10. Now, speaking out loud or "in your head" to yourself, put words to the emotions and sensations you feel in your body. Just describe your experience to yourself as you continue to feel your whole body. Allow the words to flow from you effortlessly.

11. As you are talking, pay attention to each word as it appears in your hearing of yourself. Listen also to the spaces between the words, and the quality of your voice – tone, rhythm, pacing, intensity, volume.

12. When you feel complete putting words to your body feelings and experience, go back to just being present with your breath, heart, and body, without words.

13. When your meditation is complete reflect, if you'd like, on what you learned from doing the practice today.

# Meditation on Human Needs + Life Energy

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This meditation is intended to support your experience of feeling part of and connected to life in a larger way, a greater wholeness, or perhaps a spiritual connection.

1. Find a quiet place to sit or be where you won't be disturbed for about 10 minutes, or more.
2. Take a deep breath and relax.
3. Hold your dominant hand comfortably in front of you.
4. Close your eyes for one breath or more and concentrate your attention on your dominant hand. See if you can feel a sense of animating life energy and aliveness that builds there as you focus your attention, perhaps there is a tingling or vibrating sensation.
5. Now, move your attention to the top of your head for a few seconds. Then to your forehead. Then to your neck. Then to your chest, and then to your stomach. And then back to the top of your head.
6. Now bring your focus back to your dominant hand. Concentrate your attention into your hand. Imagine dialing up a dial of concentration to its highest level. Notice if you feel a sense of energy and aliveness building.
7. Now, close your eyes and shift attention to awareness of your whole body. See if you can feel that energy in your whole body. If you'd like, move attention back and forth between your hand and your body. See if you can go deeper and deeper with your attention into that experience of life energy. Feel whatever you feel for a few breaths or more.

8. As you continue to be aware of your body, begin to focus on talking to yourself about universal human needs. You could start with asking yourself what you want right now in your life. Just keep asking the question. Don't try to think about an answer. Notice any words or images/pictures that appear in your mind.

9. Then start to ask yourself what is it that you want that all of us want and need everywhere on the planet (e.g. security, trust, care). Continue to ask the question until you receive some kind of answer. Again, I invite you to let the words come to you rather than trying to think about it.

10. Say the universal need or needs to yourself while at the same time feeling your body and, if you can, the animating life energy. Do this for a few breaths or more.

11. Notice the quality of connection that you are experiencing right now.

12. When your meditation is complete, reflect if you'd like on what you learned from doing the practice today.



# Meditation on Request

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This meditation is intended to use when you'd like support finding an answer or solution to something, or to access a flow of creativity and inspiration.

1. Find a quiet place to sit or be where you won't be disturbed for about 10 minutes, or more.
2. Take a deep breath and relax.
3. Close your eyes and continue to focus on your breathing, following the in-flow and out-flow for a few breaths.
4. Now, bring attention and presence to your whole body. Feel the experience of being in your body. Sense if you can the energy and aliveness that animates your body. Do this for a few breaths or more.
5. As you continue to be aware of your body, begin to talk to yourself about universal needs. You could start with asking yourself what you want right now in your life.
6. Then ask yourself what is it that you want that all of us want and need everywhere on the planet. Continue to ask the question until you receive some kind of answer. I invite you to let the words come to you rather than trying to think about it.
7. Say the universal need or needs to yourself while at the same time feeling your body and, if you can, the life energy. Do this for a few breaths or more.
8. Now, ask your unconscious for what you would like to meet those needs. Perhaps it is for an answer to a question you have about a particular situation, or maybe it is for a creative idea or insight into a problem or challenge you want to solve. It may be that you'd like to know what specific request you could make of yourself or another person.

9. Again, see if you can let go trying to think about an answer or mentally efforting to figure it out. Instead, see if you can keep being aware of your body and the need or needs, and listen for a creative image or words to appear. Receive whatever comes, even if your mind doubts, questions, or wants to dismiss it.

10. If something comes to you, a request or an idea in words or images, play with it in your mind to see if it can become more concrete, tangible, action-oriented, perhaps forming into a plan with some action steps. You can also visualize it happening the way you'd like, seeing it as if it's happening now and feeling good, using the vividness of your imagination or poetic language. You could express it kinesthetically in movement.

11. If nothing comes to you now, something usually does at a later point. Let it go for now, and if you'd like express appreciation to your unconscious for continuing to work on it.

12. When your meditation is complete reflect, if you'd like, on what you learned from doing the practice today.

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