



GUIDED MEDITATION ON DIGITAL WELL-BEING

Transcript of recording

Introduction

Hi, and welcome to this guided meditation on digital well-being.

The aim of this practice is to help you check in to see how your use of the internet, digital devices and social media, is affecting you and your overall well-being.

The intention is to reflect from a place of compassion and without judgment, And, with care and attention, looking deeply into your physical health, your mental state, your emotions, and your sense of connection to something greater than yourself that you feel a part of. This of course means something different to each of us, perhaps it's spirituality, religion, nature or your community.

To do this practice you are simply going to take some quiet time to yourself and enjoy some mindful breathing, allowing your body to relax and feel more stillness and spaciousness. And from this quiet state of being it's a lot easier to really listen to yourself, to your inner inner wisdom, and not be carried away by a very busy mind.

Practice Begins

So to begin, I invite you to sit in a upright position with you're spine straight, hands on your lap, feeling comfortable but attentive.

You can begin by taking a nice deep inhale.

And on the exhale, closing your eyes.

On the next in breath, feeling your lungs fill with air, breathing into your belly.

And on the exhale, dropping your shoulders, releasing any tension in your back.

Sensing your body soften.

Feeling more grounded, still and present in the space your'e in.



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And on your next in breath, feel that spaciousness in your chest expand, allowing your body to soften even more.

As you breathe out, feeling any tension melt away.
Becoming more aware of a sense of stillness and presence.

Keep breathing in this way and you can just focus your mind and attention on the breath, moving in and out.

Breathing in cool, calming, refreshing air.

And gently breathing out any stress and tension.

Feeling like you're gently drifting down into more and more stillness, and sense of peace and rest.

And if your mind starts getting busy with thoughts, as the mind likes to do, take another deep in breath and settle yourself again, back into the space, bringing your attention very gently back to here and now.

Just rest in this stillness for a moment.

Reflections

And from here, the intention for you is to simply reflect on the present moment.

How do you feel right now?

What's going on?

How are you feeling physically? Is there any sensation that you're aware of?

How has your mind been today? Does it feel clear or very busy?

How are you feeling emotionally? Are you feeling joyful, sad, angry or afraid? Just feel what's true for you today.

And on the next in breath, reflect on, how you're feeling Spiritually? Whatever that sense of belonging and connection is for you. Do you feel a part of something?

Do you feel connected to yourself? Are you connected socially, to friends, family? Do you feel connected to nature or to the universe.



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Focus Attention

Simply focus your attention on whatever sensation feels the strongest now.

Whatever you feel pulled towards, just go with it.

There's no right or wrong here. Just go whatever part of your wellbeing needs attention and your care right now.

Allowing (Feeling your Feelings)

Take a nice deep inhale here and allow whatever is coming through for you to be there.

If it's creating an uncomfortable physical sensation, breathe in gently, and feel the air move to that place in your body where you feel it the most.

The in breathe is bringing you a sense of calm, and gradually easing any uncomfortable sensation on the out breath as you release it.

You can return into that place of stillness and spaciousness.

Coming back into that place where you can trust your inner wisdom and really listen to yourself.

How would you like to improve your wellbeing?

What one thing can you do differently in your day to bring more peace and calm and health to yourself?

Something small and simple, just being open to whatever comes through. Whatever that insight is.

Breathing in stillness, breathing out spaciousness, listening deeply and sensing what it is you want to do. Keep a picture of that in your mind. Know what it is.

Now gently rest with the breath here, feeling your body settle, feeling grounded, feet on the floor, bringing all your care, compassion and attention to yourself, and giving yourself that gift.

What do you need to do?

What support do you need to, to help you with your wellbeing?



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How can you improve your relationship with the digital world and get the most from it without it impacting you physically, mentally, emotionally, or spiritually in a negative way?

What empowering action will you take?

Breathing in deeply, feeling that empowering energy fill your body.

Closing the practice

You can begin to bring your attention now back to your breath, noticing the rise and fall again in your body.

And you may start to gently bring your awareness to the space you are in. Noticing any sounds around you.

And with one more deep in breath. Gently open your eyes, come back into the room.

There's no need to rush back here. You can sit in stillness, enjoying the spaciousness that you've created, and be with the insight that have come to you.

Welcome back.

Author:

Paul Juggins

Well-Being Lab

<https://www.linkedin.com/in/pauljuggins>



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