

## S.A.R.M. –Script for the Guided Meditation



Before reading this to your class or group, ensure you have spoken to them about the optimal posture and benefits of meditation. Also describe where the word “S.A.R.M.” came from. (Refer to Stillness®: A Complete Guide to Meditation). As you become more confident you can write your own script or use parts of this script. Allow at least ten minutes for this script. As students get used to being guided you can say less and go for shorter periods of time.

It is important that your group feels safe when doing the meditation. They may do it with eyes open or closed. Encourage them to be still, quiet and avoid eye contact with other students. As their guide, you need to model being relaxed and alert.

Use a calm, slow, voice. The script is poetically inclined and needs regular pauses of silence. When you see “...” it indicates a longer pause. Getting your group used to silent pauses will bring profound changes to the group’s atmosphere. Dim the lighting in the room. Begin....

“Start to prepare yourself to become still, aware of the space around you and within you. .... Find that place of alert attention where you are rested and relaxed..... bringing your mind to a place where it can soften. Taking your time, this precious time as a group to find a calmness... a sanctuary a place of expansion and safety... this place S.A.R.M..... REPEATING QUIETLY to yourself the sound of S.A.R.M..... as it helps your mind.. slow down. The sound of SARM full of meaning to help you find space, become alert, be relaxed, and be mindful.....

As you say SARM quietly to yourself perhaps you become less aware of the sounds around you... you start to find everything recedes into the background as your inner voice finds that part of your mind that is so relaxed, so easy, it is not focused on doing or action.. but just being here.... Right now without anything to do any place to go....

This is really your time to experience what it’s like to be at rest .... SARM.... As the mind anchors and goes deeper as you just allow everything to be as it is without trying to change it or fix it..... you may notice the body starts to relax.... You may notice the breathing starts to slow down.... And you may notice the things that were on your mind, the worries... the thoughts... perhaps even the feelings start to fade into the background....

As you find this silence and alertness and relaxation in your own experience ... the same is true for everyone. Deep within every human being there is this space that can never be taken from you. By focusing your attention now on this space it starts to help you find equilibrium and balance... When you find equilibrium and balance... the body and mind start to work as one... deeper thinking, clearer thoughts, and most importantly, relaxation starts to open up a new opportunity for you... in the midst of your busy day and busy mind.

So in these precious few moments together... you are making a difference... you are making a difference to your own feelings and thoughts... as the stress and tension of the day starts to fall away.... But like a pebble dropped into the middle of a pond, that difference starts to ripple out and affect others.... It brings a peace and calm to your relationships.... To those things that are in your future...Allow the future and the past to fall away... as you become present using SARM, that inner attention to bring your attention back to this moment....

To help the mind stay simple, alert and relaxed. SARM..... SARM..... SARM.....

And at anytime through the day, or the evening, or the week, or the next month.... That you find yourself out of balance, thrown around by the storms of your own emotions and thoughts... just take a moment and come back to SARM... repeat it quietly to yourself until you feel... the turbulence start to settle... like the surface of a lake that looks like a mirror... without any ripples.

Start very slowly to move your feet, stretch your arms. Give yourself permission to transition from this calm, alert, relaxed and mindful stillness.... You may keep your eyes closed for a moment longer .. allowing this peace and tranquility to come with you... into your work, into your relationships, into your day... let it grow, like a small plant..grows with water and attendance. ...

Give this place your care and attention... and it will grow and help you return to an equilibrium and balanced place in yourself... and at the same time help your mind become clear and strong and mindful.

SARM....SARM.....SARM.....”