



## Becoming a Better Human Being – Introductory guided analytical meditation script

### Description

## Becoming a better human being: Self-reflection and transformation

**Gently begin** this analytical meditation by taking a few moments to adjust the body so that you are sitting comfortably...

Sitting on a chair, place your feet flat on the floor, sitting on a cushion, cross your legs and gently straighten your back...

With your eyes slightly open and relaxed, direct your gaze over the tip of your nose towards the floor, without focusing on anything in particular.

Gently, place your hands comfortably on either your thighs or in your lap, and turn your attention inwardly, bringing all your mental and physical energy to the right here and now...

Bring your lips together and breathe naturally through your nostrils, neither forcing the breath nor allowing it to be uncontrolled.

**Pause**, and maintain an awareness of your breath for two or three minutes in order to cool down the mind.

Prior to commencing with the analytical phase, set the tone by slowly reading through and contemplating the following passage; checking if the words resonate at a heart felt level.

When we intentionally and genuinely engage in activities to develop our inner qualities, such as love, compassion, empathy, or humility, for example, we undoubtedly embark on a pathway towards experiencing a deeper sense of purpose and fulfilment in our lives.

Our ethical integrity and self-awareness increase, and our relationship with others and ourselves flourishes.

By intentionally acknowledging and reflecting on specific times that we have carried out activities motivated and supported by wholesome qualities, we will come to realise through our own experiences that it is possible to become a better person, develop a deeper sense of self-worth, have a more positive impact on the world around us, and achieve a happier, more peaceful mind.

Through this realisation, I will further strengthen the self-perpetuating, transformational process of developing my own inner qualities and becoming a better person.

If this passage has resonated with you and induced insights and positive feelings, place your mind



single-pointedly upon them before continuing.

## Analysis

Entering into the actual analytical phase of the meditation, progress through a series of questions, allowing yourself time to reflect and draw a conclusion to each before continuing.

### Firstly

From your own experience assert two inner qualities which you believe a good human being possess. For example; love, compassion, empathy, kindness, humility, patience, gratitude, self-awareness, or self-belief.

**Pause**, reflect and bring to mind your answer

### Secondly

From those two qualities, select the one which you would like to possess and manifest at this time in your life.

**Pause**, reflect and bring to mind your answer

### Thirdly

With a corner of your mind, hold your answer, now assert a reason, as to why you would like to possess and manifest this particular quality at this time in your life. For example;

I would like to possess and manifest 'self-compassion at this time because.. I wish to feel better about myself.

I would like to possess and manifest 'patience' at this time because..I would like to reduce my anger.

I would like to possess and manifest this 'love' at this time because.. I would like to be kinder to my partner.

Whatever your reason is, be aware that it does not have to be considered as the definitive reason.

**Pause**, reflect and bring to mind your answer

## Concluding

From the heart imagine how you would feel if you had genuinely manifested this quality, allow a sense of this to strongly arise in your mind, and immerse yourself in that feeling.

Focus your mind single-pointedly upon this wholesome mental attitude, for as long as it feels comfortable, before gently drawing the meditation to an end and continuing with your day, refreshed with a sense of self-worth, and purpose.