

Gathering the mind practice

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Cherishing the present moment

Wherever you happen to be, simply notice how you are in this very moment.

Take a deep breath if that feels good.

Breathe all the way in and down into your belly.

Breathe all the way out with pursed lips, like you are breathing out steam or smoke.

As you feel your body breathing, notice what you are experiencing
right here,
right now.

Notice thoughts.

Notice emotions.

Notice sensations.

Notice urges & impulses.

Notice actions.

Notice your five senses, what you can

See

Hear

Smell

Touch/Feel

(feel your feet, seat, back)

Taste (if applicable)

As you feel your body breathing, **notice any future-oriented thoughts, emotions, sensations, urges & impulses**, whether positive or negative. Just notice what you notice.

As you feel your body breathing, **notice any past-oriented thoughts, emotions, sensations, urges & impulses**, whether positive or negative. Just notice what you notice.

As you feel your body breathing, **notice that you are able to notice your mind leaving the present and going into the future or the past.**

Let your awareness of leaving the present moment be your reminder and invitation to come back to the present moment, to right here and now.

When your mind has returned to your body, to where you are right here and now, just notice being present again, right here, right now.

Feel your body breathing. Savor being right here, right now. Notice what you notice.

Invitation: Every time you notice that your mind has wandered into the future or the past, simply notice that this has happened, and gently invite your mind back to the present moment again.

Feel your body breathing. Notice what you notice.

Practice noticing.

What you notice is what you have.

What you practice is what you have.