

So just bring your attention to your sitting first. So we're going to be sitting in a way that we have to try to hold as still as we can. That doesn't mean you cannot move, but we want to be able to not be constantly adjusting, adjusting, adjusting, so.

If you can sit in a way that feels somewhat comfortable, it's not going to be comfortable at first. And it really helps to sit upright. That's an important thing, if you can, for sitting meditation.

Because it helps us to stay alert.

Helps us to keep from falling asleep.

But it also begins to signal your body that this is a time for meditation. So your body begins to learn this, oh, this is meditation time. This is not something else. That's what I'm doing right now. And once your body begins to learn that, this becomes an easier practice.

So we sit in kind of a different way than we ordinarily would. You're welcome to close your eyes if you want, or you can just kind of look at something on the ground in front of you. I really recommend not trying to do anything else while you're doing this. This is really not a time to be multitasking, so.

When you're sitting, just sit is the best way to describe that.

Your hands can be in your lap or on your knees. It really doesn't matter as long as there's someplace that doesn't stress your shoulders too much.

So that's kind of the basic sitting posture. We have our back fairly straight. Our eyes can be closed or at least downcast.

We're balanced so we aren't sitting too crookedly so we actually can hold this posture.

And then it's helpful first just to center ourselves in our body, kind of like the three minute sitting meditation.

So we noticed where if we're sitting in the chair, our feet on the floor.

Or if you're sitting on the floor just noticing your legs.

Again, noticing gravity, noticing gravity, holding us to the floor, the chair.

Really rooting us to this earth and gravity will not let us fall off. So we are.

Here.

I taking a moment just to kind of scan through your body.

See what's there, he noticed.

And since we're focusing today on pleasant.

Just see if you notice any place that feels relatively good. Is there any part of your body that feels?

Pleasant.

Or at least doesn't feel unpleasant.

And then bringing our attention to our breath. So in mindfulness meditation.

Frequently we use the breath as this anchor or this kind of home base that we come back to.

You can use other things as well, but the breath is really the thing that's used most often.

So we just bring our attention to not just our breath, but our breathing, so bringing our attention to our body, breathing in and breathing out.

And just see where you notice that most you might notice it.

At your nostrils.

You might notice it at the back of your throat.

You might notice it in your chest as it rises and falls.

You might even notice it in your belly, your lower abdomen.
Or just your whole body might move as you breathe.
So you don't have to breathe any particular way, any abnormal way.
We're just going to be watching our breath, so the breath is just going to serve as the thing that keeps us in the present moment.
The body is always in the present moment. Our mind rarely is so.
The body, though, is always just living. It's breathing, heart beating.
It's digesting.
Blood's moving around. All that's just always happening right now.
So bring your attention to our breathing.
Can help us stay present.
So, just noticing.
Breath coming in, breath going out.
Breathing in.
And breathing out.
In whatever.
Speed that works for you.
And for most people?
It's really hard to keep the focus on that.
That's why we call this a practice, because we're going to be learning to do that, but.
Most of us immediately start thinking about other things or thoughts come to mind.
This is boring. When's this going to be over? Or, gosh, I need to get busy. I don't know.
Everybody has different thoughts.
Thoughts are just thoughts.
They're just generations of the brain.
Some thoughts are very important.
But right now, we're going to let go of them.
We're just going to bring our attention back gently.
To this breath.
Wherever it is.
This in breath or this out breath?
And just resting right now, resting in.
The piece of this breath.
Nothing to do. Nothing know where to go.
This is what you're supposed to be doing right now.
We're just practicing right now.
And practicing bringing our attention back.
Dear for breath.
You may find that you have an urge to move or scratch an itch.
If you do, that's fine. See if you can do that mindfully.
See if you can notice.
What the sensation or the urge to move is like first.
And then?

If you really need to, you can move or scratch or whatever.
See if you can do that mindfully and notice what happens when you do move.
Notice what happens when you do scratch an itch.
So really trying to be present with everything that happens.
Whether it's a pleasant or an unpleasant or just a neutral thing.
And then just using the breath to come back to, oh, that's right, I'm just sitting here with
everybody else. We're all sitting, breathing.
Just this breath and you know.
We're just being a human being. We're just breathing.
In and out.
Just sitting, breathing, not having to do anything right now.
A very novel idea.
Just bring your attention back to this breath right now.
As thoughts or judgments arise.
Just noticing them, allowing them to be there.
See if we can let them go.
Justify.
Just to judge me.
When your mind wanders and you recognize that it has wandered.
Jen, I'm bringing it back to this breath right now.
To this body sitting here.
This wonderful animal body.
That they take care of.
Just breathing and knowing that I'm breathing.
Sitting and knowing that I'm sitting.
I'll end with the bell and ring the bell and then just gently opening your eyes when you're ready.