So what I'd like to do is.
Find the breath as we have before, get into your meditative posture, reasonably erect spine.
Eyes closed if you're comfortable with that hands on your legs, on your thighs or in your lap.
So you don't put strain on your shoulders.
And today, if you would pay attention to your abdomen or your chest, either 1 feel the breath there, let's find the breath and watch it there for a minute.
The in breath, the out breath, the rise and fall of the chest.
Perhaps even the shoulders.
Till the abdomen as it.
Protrudes and retracts during breathing.
All quite natural.
And remember, if your mind wanders, simply bring it back to the breath.
Resting in the breath and if the mind wanders, don't worry, just bring it back. That's fine.
And women watching the breath because it's in the present moment, remembering that your whole body is in the present moment as well. So let's expand your awareness a little bit to include the whole body, or at least a larger part of it. Today we're focusing down in the belly and chest.
Feeling the breath.
And as you're doing that, if you can relax your grip on the breath just a bit and expand your attention to include the whole chest, the whole abdomen.
Let's try that. If that's too hard, simply expand it a little bit. So it's more than simply that one point of meditation.
Remembering the whole body is in the present moment.
In fact, everything is in the present moment except our minds when we're wandering. All right.
So let's bring our attention again to that of the chest area and the abdomen area.
As for breathing, so feel the whole chest, feel the whole abdomen.
And don't worry if your mind wanders. Just simply bring it back to the breath. That's just fine.
And if it's too hard to hold your attention out on your chest and abdomen, you can bring it back to that focal point on your abdomen or chest and then try to expand it. Again, no big deal, but the more the body we can take in, the more present we will be with what's going on.
This is our aspiration to be present with our lives.
And if you feel like you can expand, if you have the chest and abdomen in your awareness, you can expand to include your legs or even one leg, and that would be wonderful.
Or an arm. That would be wonderful.
This whole body breathing.
I'll ring the bell in just a moment to finish this meditation.