

This is an invitation.
So please find a seated, comfortable position.
Either in a chair or on a cushion on the floor.
And bring some attention to your posture.
Allowing the spine to lengthen.
The body to be upright and dignified.
And finding that place between awake alert.
But also relaxed.
You can keep your eyes open or closed, or however you feel most comfortable.
Feeling the body sitting and the weight of the body pressing down on the cushion or chair.
You might notice the airflow on your face or hands.
You might feel a touch of clothing on various parts of the body.
Let us take a moment to take an inventory.
Of what's here right now for us.
You might take a snapshot of what thoughts are here.
Are you thinking about work?
A relationship.
The past or future?
Or maybe a fantasy.
Noticing if the mind is racing or?
Com.
Or neutral.
Bringing awareness to your emotional state.
Many emotions may be present.
Some are more subtle than others.
Just feeling where this emotion resides in the body right now.
What's here in this moment for you?
And bringing attention to any physical sensations in the body.
Feelings of comfort or discomfort.
Tension or ease?
Neutral areas.
Not being for or against anything.
Just letting everything be.
As it is.
Let us begin by taking a couple of deeper than usual breaths, in and out through the nose.
Giving ourselves permission to just be here.
For the next 15 minutes or so and putting everything else aside.
And now, bringing attention to your breath.
Feeling the breath as it comes in through the nose.
Breathing in the cooler air.
And the warmer air flowing out.
Let us stay with this sensation at the breath, at the tip of the nose.
For just a few moments.

And take a little bit of silence here to practice feeling the breath.
And now, expanding your attention from the tip of the nose to include the full breath sensations.
So starting at the tip of the nose, we feel cool air coming in.
Touching the back of the throat.
Filling out the chest.
Belly inflates and then back out again.
The belly deflates.
The chest retracts.
Air passes through the throat and warmer air again out through the nose.
Taking this moment again to feel the full sensations of breathing.
And now, bringing your attention to where you feel the breath, the easiest.
Where is it easiest to focus the mind on?
And really experience the sensations of breathing.
It might be at the tip of the nose.
Or throat.
Could be at the chest or belly.
Or possibly the full flow of breath.
Where do you feel at the most prominent?
Allowing the mind to settle there.
And returning your breath.
To its normal rate and rhythm without trying to change it.
Simply observing the breath and feeling the sensations associated with breathing.
By now, you've probably noticed that your mind has wandered off to thinking.
That is just what our minds do.
It is completely normal.
The mind might wander off 100 times in one sitting, and that's okay.
Simply notice that the mind is wandering.
And gently bringing the attention back to the breath.
That place in the body where you feel the breath the easiest.
Let's give ourselves a bit of silence to cultivate this attention to breathing.
Don't drift too far away as soon as you notice that your mind has wandered off away from the breath.
Just gently, without judgment.
Bringing your attention back to the breath.
It might be helpful to bring some curiosity to the breath, as if you were a scientific observer.
Feel the length of the inhale.
The pause.
And the length of the exhale.
You might notice if the breath feels smooth like silk.
Or a little rough, like burlap.
Bringing closer and closer attention.
To this breath.
And each time the mind wanders off is another opportunity to come back and start over.

Fresh.
Resting the mind's attention on the breath.
With nothing else to do right now but be here.
Be in the now.
Bringing the past and the future into the present moment.
Our thoughts.
Our interpretations.
Our judgments.
Bringing them to the present moment.
They're not happening right now.
So we can notice them.
And just let them go.
We're not pushing them away or resisting them.
We are just acknowledging them.
And then choosing to come back and rest our attention on our breath.
There might be moments when we feel that we're not meditating, right?
Like we're not doing this right.
We may have thoughts of evaluating how we're doing.
So if you notice that.
Just know there is no doing it right.
It's just simply doing it.
And bringing your mind's attention back to the breath whenever it's wandering off.
If your mind is particularly busy, might be helpful to just savor it quietly in your own mind.
In as you're breathing in.
And out.
As you're breathing out.
Again, if your thoughts are distracting you.
Gently bringing back attention to your breath.
Always here, always in the present moment.
In a couple of minutes we will conclude this meditation session.
So for these few minutes, continuing to be with our breath in a gentle, aware manner.
In.
As you're breathing in.
And out.
As you're breathing out.
Breath by breath.
And now?
Taking this time to congratulate yourself.
For spending time and mindful awareness.
And for giving yourself this time to pause and breathe.
I now invite you to open your eyes and gradually bring your awareness back to the outer environment.