So if you want to find a place to sit, it helps to sit up, I think, other than rather than lie down, unless you need to lie down for your health in some way, because sometimes people need to for their back.
But if you can sit up straight, it really helps to stay awake. And as I'm saying, jen and I are both pretty sleepy, so I'm definitely going to try to be sitting up straight.
To do this, but if you need to lie down, that's okay too, because I know sometimes people their backs are, it's better for their backs to lie down.
So we'll start. Excuse me.
By just becoming aware of sitting in the chair or the or lying down, however you're sitting.
So just being aware of your place in this world?
Right now, you are the center of the universe.
Why not?
You're in the middle of.
Of your world, you're in the middle of your room, in the middle of your town, wherever you are.
So if you can begin to just have some sense of orienting yourself, sometimes that's a good way to start.
With mindfulness.
Feeling your feet on the floor if you're sitting on the in a chair.
Or feeling your seat on the cushion if you're sitting on a cushion, or if you're lying down feeling your your back on the floor where whatever is touching the floor.
If you can have a sense of groundedness, it's a good place to start.
And then just doing a little bit of a scan through the body.
Just to say hello to this body you've been.
We're running around with all day.
And just see if you can kind of find out how each of the parts of the body you're doing, not a full body scan, but just kind of checking in with your feet, your legs.
Your seat, your back.
Your belly.
Your chest.
Arms and hands your neck.
Your head.
How's this body right now? What's it?
Saying or doing?
Just kind of checking in with the state of it right now.
And if there's anything that you need to do to adjust it, to help it to sit a little better.
Now, see if you can do that.
So with mindfulness, we're just being aware we're trying to become aware of what is this body like right now, without really feeling the need to make any massive changes in it.
Just being kind to her right now.
And then we can check in with our minds what's the state of my mind right now?
So is it busy? Is it quiet? Is it sleepy?
Sad.
Happy.

Just generally checking in with yourself.
Because knowing that as you're going into a period of sitting can really help you to adjust what you do. So if you know, for example, that you're really having a busy mind right now, you may need to just have a period of time of counting your breaths, you know, just breathing in, counting one to.
As you breathe in and out.
Or, if you're really sleepy, you may need to sit up straighter, or you may need to to take some deep breaths.
In some way to kind of wake up so you can, you can really adjust what you're doing to what's happening with the state of body, state of your body and state of your mind.
And just bringing some attention to your posture. So, and by posture, I don't mean that you have to sit up perfectly straight, but just how you're sitting.
It's really helpful to sit in a way that is dignified and alert.
If we sit in a way that's sort of slumped over, we may fall asleep or we may find ourselves really drifting off, so really sitting with a sense of intention.
Is helpful.
And then just bringing our attention to our breathing.
The breathing is always a good place to bring your attention to as an anchor.
It helps us because we're always just breathing in present time.
We're always doing one thing or another. We are either breathing in.
Or breathing out.
Or we're in the resting spaces between breathing in and breathing out.
So there are four states that we can be in in terms of breathing.
And if we can be aware of that.
That right now I'm breathing in, or right now I'm breathing out.
It really can help us to come back to this present moment.
So we'll just sit for a little while with awareness of breathing, awareness of our breath. You can focus on the breath coming in and out of your nostrils. That's an easy, kind of an easy place to focus for most people.
To see if you can keep your attention on that spot.
As your breath comes in and out, just watching it and allowing thoughts and feelings right now to just be in the background.
Not that we don't have thoughts and feelings.
But our attention is just going to keep coming back to, oh yeah, that's right, I'm breathing.
And just this breath.
Just not him.
What it's like to be a breathing human being right now.
Letting anything else fall away.
This is all we're doing right now is just sitting and breathing. Other things can just wait.
If your mind gets pulled away.
To thoughts or feelings or sensations or sounds.
Just allow it to come back gently.
To the br.

When you remember to do that.
That's the moment of mindfulness.
Paying attention to my breath.
Let me bring it back.
Just this breath in and out.
And now we're going to focus a little bit, change our focus.
From.
Focusing on the breath.
To actually allowing ourselves to focus, to bring that attention to any thoughts that are present, any thinking that's present, so.
Thoughts and thinking are different for different people, so it may be that you have a narrative you may be having a kind of like a.
Yeah.
Talking inside your head, that's one way of thinking.
It may be images and pictures.
Maybe planning, oh, I need to go do that. Or, oh, after this is done, I better go do that, or.
Those kinds of thoughts.
It might be fantasizing, thinking about stuff that's happening or what you could do later.
So thinking can take many different forms.
But we're going to bring our attention right now just to.
What our minds do when we're sitting.
In terms of thinking.
Without judgment, we're just going to notice in the same way that we might watch the magpies outside the window, or that we might.
Observe the cars in a monastery going by.
We might watch leaves.
As they fall off a tree right now.
See if we can just watch a thought as it comes and goes.
And trying not to get too caught up in the train of thought, which is the hard part.
So let's just breathe and allow ourselves to watch.
Whatever thoughts might.
Come up.
For some people that actually.
It's like all of a sudden the thoughts scatter and they aren't there. So sometimes people have that experience, but everybody's different. So let's see if we can.
Just breathe and watch the thoughts that come and go without judging them as good or bad or.
Necessary or unnecessary?
Just watch ourselves thinking.
We'll just do this for a few minutes.
If you find yourself getting caught up in a train of thought, starting to plan or worry or.
Get involved in the thought, see if you can just let it go.
For now.
You can always come back to it later.

Just let it go and come back to the breath if you find yourself.
Getting too caught up in a thought.
Or worry.
This is the practice. This is where we're practicing.
Allowing thoughts to come.
Be there and then letting them go if we don't need them right now.
And now just coming back to the breath. So we're moving our attention, purposefully removing it from the body.
First to the breath.
To our thoughts.
And then back to the breath. So we're becoming.
More flexible with our attention, we're getting mastery over our ability to move our attention where we want it to be.
That's part of the benefits of my.
Bring your attention now back to the breath for a few breaths, just breathing in and out, letting go, thinking.
Then go of planning.
Just as breath.
This breath that's breathing us.
This breathing our bodies.
And now, one more place to see if we can bring our attention, moving our attention around purposefully.
See if you can pay attention to any sounds in the room where you are.
Just noticing sounds, maybe that you hadn't been hearing before.
Background noises or?
Traffic may be here.
Distant voices, I don't know what's in your situation.
Seeing if you can just notice the sounds as sounds, allowing the sound to come to you.
Rather than going out and seeking it out, so just letting sounds come.
Allowing them to be there.
And then letting them go when they're done or when your attention is drawn to a different sound.
So just letting sound be just like the body, the breath.
Thoughts?
Just another thing to pay attention to and then let go of we're practicing.
Noticing sounds and you might even notice your judgment of them.
Like, oh, I hate that noise or I didn't notice that before. Or what is that noise?
I like that noise.
Just noticing.
Do you?
Like or dislike a noise.
Do you not care?
What is your judgment of it?
And then seeing if you can let that go as well.

And now, just coming back.
To the br.
And allowing yourself to just let go of any trying.
Let go of any working on anything here.
Letting go of any kind of striving for just a few minutes and just breathing.
Just bring your attention to your breath.
Just letting your body breathe.
There's really nothing else to do for the next couple of minutes here.
Know where to go.
Just allowing yourself to be a breathing.
Human being.
And now allowing your attention to come back into.
Your body and the room that you're in.