

**Complete Meditation Instructions (19:00)**

Begin this meditation by finding your meditation posture  
Comfortable yet upright  
Relaxed, present  
You can notice your body, seated here  
Noticing the weight and movement and touch  
Letting your attention sink into your body  
Feeling it as though from the inside  
Relaxing  
And then exploring  
What is here what is true for you  
In this moment  
Let your attention gently come to rest on your breathing  
Your breath is your anchor  
And it's your focus that you can always return to  
It's your homebase  
So feel the gentle rising and falling of your breath  
In your abdomen or chest  
Or the in and out sensations located at your nostrils  
So we feel one breath after the next  
One breath at a time  
With a curious attention  
What does one breath feel like in this very moment  
Now we can also open our attention to a variety of other experiences  
When they become predominant  
Or obvious  
When they become more predominant than the breath itself  
So you might notice sounds from the outside  
Inside your room, outside your home  
You might notice sounds pulling your attention away  
So you can listen to the sound  
Let go of the breath and listen to the sound  
When it no longer holds your attention  
Then return back to the breath  
If a body sensation gets strong  
Becomes predominant, pulls your attention away from the breath  
Again, let go of the breathing  
No need to be intention with breath or the body sensation  
Just go naturally  
Let your body go to the body sensation  
Feel it  
Sense it

Notice it  
What happens, does it grow or shrink  
Expand  
Increase, decrease  
Does it shift into something else  
When it no longer holds your attention  
Come back to the breathing  
The simplicity of the breath  
It's always available to you  
If while you're sitting, an emotion becomes strong and obvious  
That can be what you focus on  
You can bring your attention to the emotion  
So again letting go of the breath or whatever else you were focusing on  
And paying attention to that emotion  
Specifically, feel it in your body  
Investigate in your body how you feel this emotion  
You might notice some clenching or tightness in your belly  
Maybe there's some vibration or tension in your chest  
Maybe your throat feels tight  
Maybe your face is warm  
There's all sorts of sensations in our bodies to pay attention to when we're having an emotion  
You can label that emotion  
Fear  
Sadness  
Irritation  
Whatever it is  
Labeling it and feeling in your body what's happening  
When the emotion no longer has a hold on you  
Or something else pulls your attention  
Or it's stopped  
You can go to that new thing that's pulled your attention  
For instance a new body sensation or sound  
Or you can always return to the breathing  
Just come back to homebase  
To your anchor  
Now if thoughts  
Become obvious  
Sometimes thoughts are just in the background  
In which case there's nothing to do really  
Just stay with being with your breath  
Sometimes you notice that you're lost in thought  
And you can use the word "thinking"  
Or "wandering"  
And then return your attention right back to your breath  
But if a thought is repetitive  
You can begin to label the thoughts  
Worrying

Planning  
Remembering  
Sometimes in the act of labeling them  
They disappear  
Sometimes they continue on  
If the thought keeps going  
In a repetitive way  
You might check into your body and see if there are body sensations to notice  
Let yourself be curious  
About the thoughts arising  
Coming and going  
If it feels like too much always return to the breath  
So as you do this practice  
The breath is your anchor  
And no matter what's happening in your awareness  
Whether it's sounds or body sensations  
Or emotions or thoughts  
You can always find that place to return to  
You might also notice  
If there's an attitude or mood in your mind  
Like a sense of restlessness or sleepiness  
Or just a general feeling  
Like sadness  
Notice if these mental states color your experience  
You can pay attention to them too  
So we'll sit together now in silence  
Remembering to keep your attention mostly focused on your breath  
And then if a sound or body sensation  
Emotion, thought  
Or obvious mental state or mood  
If they become evident  
Predominant  
Let go of the breathing  
Notice whatever it is that's happening  
When it's stopped or no longer holds your attention  
Return to the breath  
And just relax  
And have fun, be curious  
You're exploring your own mind  
With curiosity and openness  
So we'll try this for some time now  
[silence]  
If you find yourself lost in thought  
It's not a problem, just relax  
Notice your thinking  
Really kindly, return your attention right back to whatever is happening in this present moment  
You might find that you move from one thing to the next

There's a sound, a body sensation, a thought, an emotion  
And then return to your breath  
Trust in this natural flow of your experience  
As we relax and witness with curiosity  
Our life unfolding in front of us  
[silence]  
So once again, notice your body  
Here  
Present  
Present time awareness  
Feeling your weight  
Posture, shape  
And then just invite in some kindness for yourself  
Wishing yourself well  
The best you can  
Appreciating yourself  
May I be happy and peaceful and at ease  
May I be safe and protected from danger  
May I be healthy and strong  
May I be at ease  
May we all be happy and peaceful  
And safe and protected  
Healthy, strong  
At ease  
[bell ring]