

SPEAKER: So finding a comfortable position, eyes open or closed, as you prefer. Bringing attention to the body. Noticing the weight of the body, and the space occupied by the body. Then shifting the attention to the face, in particular to the forehead. And noticing if there is any tension in the forehead. And if there is, just releasing or relaxing.

And bringing the attention to the eyes. And allowing the eyes and the area around the eyes to soften. Then scanning down to the jaw, allowing the jaw to release. Bringing awareness to all the muscles of the face and of the head. Releasing or relaxing any other tension you might encounter.

Taking this opportunity to check in with the body, to notice tightness or tension, and to let it go as you're able. Scanning down to the neck. Allowing the neck to relax. Down into the shoulders, releasing the shoulders. Scanning the attention to the upper arms and allowing them to relax. Relaxing the lower arms.

Bringing awareness to the hands. Noticing is any tension present in the hands? And allowing the hands to relax. Scanning the attention back up to the arms, the shoulders, to the upper back. Noticing the state of the upper back. Allowing the muscles of the upper back to soften.

Scanning through the mid back and the lower back. Noticing the state of the middle and lower back. If you encounter any tension, seeing if it's possible to release this, to let this go. Bringing the attention now to the upper legs. Relaxing the upper legs and scanning into the lower legs, relaxing the lower legs. Move out into the feet.

Becoming aware of any tension in the feet. And allowing the feet to relax as well. Then shifting the attention now from the feet to the chest and abdomen. And taking in a deeper breath than usual. Noticing if there's any tightness or constriction in the chest or the abdomen. And if there is, releasing this. Perhaps saying release or letting go on the out breath.

And doing this on a few consecutive deeper breaths. Breathing in more deeply. Breathing out, letting go. And expanding the awareness to the whole body and letting the rhythm of breathing resume its natural cadence. Noticing the state of the whole body now. Does the body seem to be relaxed? Or is there still tension present?

And if there is, perhaps imagining breathing in to that part of the body. And breathing out and again saying, release or letting go, as you breathe out. Deepening this relaxation. Settling in to a relaxed posture. But remaining alert. Relaxing not to fall asleep, but to fall awake.

Relaxing the body can help facilitate this alertness, ability to pay attention, to focus the attention. So finding that place it feels most natural to you to anchor the attention. And resting the attention there.

Paying attention to your moment to moment experience as it arises. Focusing the attention wherever you've chosen. It's on the sensations of breathing or on other bodily sensation, or on noticing sound. Paying attention moment by moment.

When your attention wanders, as it's likely to do, and you've become aware of the mind-wandering, you guide the attention back to your anchor. Checking in with the body again. Noticing if tightness or tension has returned. Frequently when the mind wanders, gets caught up in thoughts, or gets drawn to other bodily sensations, tension returns to the body.

So just checking in, seeing if this is the case. And if so, relaxing once again, letting go. Settling into paying attention to your present moment experience. Practicing this, you may discover that there are certain places in the body where attention tends to recur, or return first.

Instead just noticing this, becoming aware of this tendency, noticing this can allow you to check in for tension, become familiar with where it's likely to manifest itself. And see if it's possible to let it go once again. Once again noticing the sensations of breathing. And taking in a few deeper breaths than usual. Noticing the flow of air into and out of the body. And taking in one more deeper breath, allowing the lungs to fill. Breathing out, emptying the lungs. Breathing in again. Opening the eyes if they've been closed, as we end this meditation.