

SPEAKER: So finding a comfortable position, eyes open or closed, as you prefer, checking in with the body and noticing where you feel most grounded, whether it be the feet or the seat or the hands or someplace else, just noticing there's a place that seems to feel most connected.

And becoming aware of this feeling of groundedness. And also noticing the posture. When we meditate, we're cultivating paying attention, so checking in with the posture to see if it's a posture that leads to feeling attentive and alert.

And adjusting the posture if you choose to. And then checking in with the body to see if there's any tightness or tension present. We'll want to cultivate a posture of attentiveness. It's also important to be relaxed, to be sitting with relaxed attentiveness, scanning through the body and noticing if there's any tension in the face or the jaw, and if so, allowing these to soften, scanning through the neck and shoulders and allowing them to release, relaxing the arms and the hands the legs and the feet.

Sitting with a posture that's grounded, attentive, and yet relaxed. And now allowing the attention to settle in on the sensations of breathing, noticing the flow of air into and out of the body, landing that place it seems most natural, the nostrils, the lips, the chest, or the abdomen.

And noticing the sensations of breathing in and breathing out, and if you choose to, just wresting the attention there, or if you prefer, you might choose to pay attention to other bodily sensations, perhaps noticing the feet with the hands or any other place in the body that seems to help stabilize the attention.

And we might choose to pay attention to sound, choosing a place to anchor the attention, to serve as a home base to guide the attention back to when the mind wanders.

And noticing the attention is now, and if it's wandered, gently disengaging and guiding the attention back to wherever you've chosen is your anchor. The mind is active now. There may be many opportunities to do this. The mind is more focused. Perhaps the mind will only wander a few times. One the state of the mind isn't better than the other. It's just the current state of the mind.

We notice that the mind has wandered now. Once again, this engaging and guiding it back. Each time you become aware that the mind has wandered, there's a moment of mindfulness, a moment of awareness, a moment of choice. You can choose to let the mind continue to wander. Or you can guide it back to our anchor.

Wherever you have chosen to pay attention, really noticing the sensations, honing in, paying attention to breathing, noticing the difference between the sensations of breathing in and breathing out, focusing on other bodily sensations, really paying attention to the sensations, the qualities, their intensity, whether their constant or changing, we're noticing the same things if paying attention to sound.

Bringing an attitude of curiosity to this paying attention, being curious about your present moment experience. And listen again where the attention is and if it's wondered, guiding it back to your anchor, beginning again.

And bringing awareness and the sensations of breathing, taking in a deeper breath, allowing the lungs to fill fully, breathing out, emptying the lungs completely, breathing in again and opening the eyes if they've been closed as we end this meditation.