

SPEAKER: So settling in, bringing attention to the body. Noticing a sense of the whole body and the space occupied by the body. Leaving the whole body, shifting the attention to the head. Noticing the weight of the head on the neck. And bringing attention to the face. Noticing if there's any tightness or tension present. And if so, allowing the face to soften.

And noticing the ears and also sounds. Becoming aware of sounds in the room and sounds outside the room. Shifting the attention to the nose. Breathing in and out through the nose, noticing any sense of smell. And noticing the eyes and sight. Shapes and colors if the eyes are open or shades of light and dark if the eyes are closed.

And bringing attention to the mouth. Breathing through the mouth, noticing the flow of air across the lips and the tongue, into the throat. And noticing moisture in the mouth. Shifting the attention now to the neck and out into the shoulders. Noticing if there's any tightness or tension here.

And if you encounter any, just releasing the shoulders and the neck. And scanning the attention from the shoulders into the upper arms. And into the elbows. Into the forearms. And out into the hands. Allowing the arms and hands to relax. Shifting attention to the chest. Noticing the rise and fall of the chest with each breath in and each breath out. Becoming aware of the flow of air into the chest.

Noticing the region of the heart and checking in to see if there are any sensations of the heart beating. Perhaps you notice some subtle pulsation, perhaps not. And moving the attention from the chest to the abdomen. Noticing the rise and fall of the abdomen with each in breath and out breath.

And also noticing if there are any sensations from within the abdomen. Sensations of hunger or fullness. Any other sensations that might be arising. Moving the awareness now back up to the top of the spine, the base of the skull. And scanning the attention down through the neck, in the upper back, the mid back. Down through the curve of the lower back. All the way to the tailbone at the base of the spine. Becoming aware of any sensations arising from the whole length of the spine.

Bringing attention now to the hips. In the upper legs and points of contact with the upper legs with the chair. And perhaps with the hands, with the thighs, with the lap. Moving the attention through the upper legs and thighs to the knees. And down into the lower legs. The ankles. And out into the feet.

And noticing the points of contact of the feet with shoes through the floor. And expanding the awareness in the feet to the surface of the whole body. Scan the largest sense organ. And bringing awareness to all of the sensations arising from the skin. Noticing exposed skin. And the subtle movement of air.

And noticing the rustle of clothing with breathing. Noticing points of contact with the skin, with the chair and the floor. And noticing temperature. You can be aware of areas of the skin. They're cooler or warmer.

The now scanning through the body and noticing if there's any place that seems to be calling the attention. Is there any tightness present or tension or discomfort? And just allowing the attention to rest there. Bringing kind attention to the body. And then shifting attention to breathing. Noticing the sensations of air flowing into and out of the lungs.

Noticing the attention wherever it seems most natural. The nostrils, the lips, the chest, or the abdomen. And noticing the sensations of breathing in and the sensations of breathing out.

And paying attention to each breath. So breathe in and breathe out.

And when you're ready, taking in a deeper breath. Allowing the lungs to fill fully. Breathing out, emptying the lungs completely. Taking in one more deep in breath. Slowing breathing out. Breathing in again. And opening the eyes if they've been closed as we end this meditation.